

## Quinoa-Tempeh Spinach Pie with Walnuts

*Kibbeh Sanieh w` Kēnwa b` Sbankh*

Soy-based Tempeh is favored as an alternative to meat. Especially with vegans and vegetarians, filled with vitamin B12, and as is a complete source of protein. Tempeh offers all nine of the essential amino acids for healthy bones and muscles.

Gluten-free quinoa is also high in protein and contains sufficient amounts of all nine essential amino acids..

High in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and antioxidants.

### Ingredients:

2 onions, diced

3 cloves garlic, finely chopped

1 cup olive oil or sunflower oil plus 3 tablespoons

1 cup organic quinoa

1 8 ounces package organic grain tempeh, cut into ¼ inch cubes

3 cups baby spinach plus ¼ for garnish

1 8 ounce can of chickpeas

½ cup chopped walnuts

6 plum tomatoes, cut in half

1teaspoon tomato paste

¼ teaspoon ground allspice

½ teaspoon Aleppo pepper or ¼ red pepper

⅛ teaspoon turmeric

½ kosher salt

1 teaspoon low sodium organic tamari

1. In a medium saucepan, sauté the onions and garlic in ½ cup oil until tender. Add quinoa, chickpeas, and salt mix and add 2 cups of water.
2. Bring to a boil, and simmer covered for about ½ hour or until water has evaporated.
3. In a large frying pan, add the remaining ½ cup oil and tomatoes and cook on low heat for 15 minutes. Add tempeh and cook another 5 minutes. Remove pan from heat and mix in walnuts and spinach.
4. Add quinoa mixture, spices, tamari and combine well.
5. Bake at 350° for ½ hour. Flip over on a plate and add fresh spinach leaves on top or the sides of the platter. Serve with tahini and green salad.
6. Top with fresh spinach leaves. Serve warm or at room temperature.
7. Alternatively, spoon the mixture into around a 10-inch non-stick pan. Smoothing the top with 1/2 teaspoon oil and cut into a diamond shape pattern. Preheat oven to 350° and bake for 15 minutes.
8. May be frozen for up to 3 weeks.