

ENERGIZING QUINOA POWER BOWL



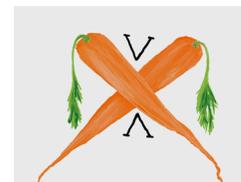
SERVES: 4

PREP TIME: 20 MINS

COOK TIME: 20 MINS

TOTAL TIME: 40 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

FOR THE SALAD:

- 1 cup quinoa, uncooked (~3 cups cooked)
- 2 cups water
- 3 cups curly kale, roughly chopped
- 1 medium beet, raw or cooked*
- 1 cup carrots, julienned or finely chopped
- 1 15 oz can chickpeas, drained and rinsed
- 1/4 cup roasted pepitas**

FOR THE SIMPLE VINAIGRETTE:

- 1/4 cup balsamic or red wine vinegar
- 2 teaspoons dijon mustard
- 1 garlic clove, minced
- 1-2 tsp lemon juice + zest of 1/2 lemon
- 1/4 tsp sea salt
- 1 tsp maple syrup (optional)
- 1/4 cup extra virgin olive oil

OPTIONAL ADD-INS:

- Chopped green onions
- Fresh parsley
- Vegan parmesan
- Avocado
- Hemp seeds

METHOD

Prepare quinoa according to package instructions.

If roasting beets, preheat oven to 400 degrees. Wash and peel your medium sized beet. Then dice into bite size pieces and place on a parchment paper lined baking sheet. Drizzle with EVOO and sprinkle with salt/pepper. Bake for 10 minutes, then rotate or stir to ensure even cooking. Add them back into the oven for another 10-15 minutes, or until fork tender.

While quinoa cooks, make dressing by mixing together vinegar, dijon, garlic, lemon juice + zest, sea salt, and maple syrup in a small jar or bowl. Slowly stir in olive oil to ensure even mixing. Set aside.

Prepare veggies and salad ingredients. You can throw peeled and roughly chopped carrots (and beet if you prefer raw) in a food processor to chop/shred quickly! This is my favorite time saver with salads. When quinoa (and beets) are cooked, add all salad ingredients to a large bowl. Stir in about 1/2 the dressing. Mix well, ensuring all kale leaves are coated.

Top with any add-ins and additional dressing to taste!

Enjoy!

NOTES:

*I have provided options for raw or cooked beet options in the recipe. They are both wonderful. If you're not a fan of raw beet flavor, roasted is amazing and adds a little more sweetness. Raw is super convenient and cuts down the active cooking time of the recipe! The choice is yours!

**To roast your own pepitas (raw pumpkin seeds), preheat the oven to 350 degrees. Add the pepitas dry to a baking sheet. Roast for 5-7 minutes, or until lightly golden brown. Remove and serve as desired! Store in an airtight container for up to 2 weeks.

NUTRITION:

Serving Size: 1/4 recipe, not including add-ins

Total Calories: 565

Total Fat: 22 g Sodium: 400 mg Potassium: 1127 mg

Total Carbohydrate: 80 g Fiber: 15 g Sugar: 6 g Protein: 20 g

Vitamin A: 727% Vitamin C: 417% Calcium: 30% Iron: 41% (Percent Daily Value)