

## QUICK & HEALTHY GRAIN BOWLS

This is a quick recipe that can be made for lunch or dinner, plus it tastes delicious! This recipe is for TWO bowls, macro/micro nutrient distribution represents two servings.

 5 minutes 20 minutes

### INGREDIENTS

- 1 cup of quinoa, uncooked (170 g)
- 0.5 cup of beans, black turtle, mature seeds, canned (240 g)
- 1/2 cup slices of cucumber, with peel, raw (52 g)
- 1/4 cup chopped of carrots, raw (128 g)
- 1 tbsp of hummus, commercial (15 g)
- 1/2 cup of spinach, raw (15 g)
- 0.3 cups, pureed of avocados, raw, California (69 g)

### COOKING METHOD

- 1° Fill a medium pot with water (according to instructions on quinoa) Pour 1 cup of quinoa into the pot and bring to a boil. Let cook for 15 minutes (or per instructions)
- 2° Meanwhile, chop vegetables to liking and set aside in a medium bowl.
- 3° You can leave vegetables as is, or you can lightly season to your liking. Next, pour can of black beans into a microwavable bowl and follow heating instructions, OR heat in a small saucepan on stove if you have more time.
- 4° Once quinoa is finished, fluff with a fork. This recipe is for two grain bowls, so split half a cup of quinoa in each bowl.
- 5° Sprinkle a dash of salt and pepper if desired.
- 6° top with veggies and hummus.
- 7° You can add a chipotle sauce, lightly sprinkled on top or served on the side for dipping.

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	154 kcal	8 %
FAT	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 %
CHOLESTEROL	0 mg	0 %
SODIUM	160 mg	7 %
CARBOHYDRATE	25 g	8 %
SUGARS	1 g	—
FIBER	6 g	22 %
PROTEIN	6 g	—