



Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

Quinoa Vegetable Bowl

Ingredients:

for the quinoa:

- 2 cups white quinoa
- 4 cups water

for the bowls:

- 1 cup cooked quinoa
- 1 cup veggies of choice
- ½ cup protein of choice
- ¼ – ½ cup healthy fat
- Dressing/sauce of choice



Prep: 5-10 mins Cook Time: 20 min
Servings: 6

Directions:

Add your quinoa and water to a small saucepan. Bring the water to a boil, then reduce to simmer, cover and allow the quinoa to cook for 15 minutes. Remove the pan from the heat, remove the lid and fluff the quinoa with a fork. Allow to cool completely before storing for later! To assemble your bowls, follow this “loose” formula. Add 1 cup of cooked quinoa into each bowl. Top with your desired veggies of choice, protein, and healthy fat (avocado, nuts, seeds, etc.), and then finish with a dressing!

Nutritional Info:

The nutrition facts are very loosely calculated and your bowls will vary based on the ingredients you use. Each cup of quinoa has 8g of plant-based protein!

Recipe provided by:

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Why its important to Jodi to support our community?

A healthy community is a strong community in the face of public health crises or security threats.

Source: www.simplyquinoa.com/healthy-quinoa-bowls-6-delicious-ways/