

MEDITERRANEAN QUINOA BOWL

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Prepared in 20 minutes or less.

Ingredients

- 1 cup quinoa, (red) festive for summer
- 8 oz garden greens such as kale or Swiss chard, blanched (Add-On Option): 1 cup cubed roasted butternut squash
- 1 lemon, zested plus 1 Tbs fresh lemon juice
- 3 Tbs Extra Virgin olive oil
- ½ tsp ground cumin
- 10 mint leaves, chopped plus extra for garnish
- 1 Tbs fresh chopped chives
- 1 ripe avocado, halved, pitted and sliced crosswise and pomegranate seeds
- 3 oz crumbled feta cheese
- 2 Tbs pistachios, shells removed and coarsely chopped

Sea salt and fresh ground black pepper to taste

Preparation

Rinse quinoa in cold water. Drain and set aside.

Bring 2 cups filtered water to a boil in a medium saucepan over high heat. Add quinoa and a pinch of Sea salt, approximately ½ teaspoon. Cover saucepan and cook until most water has been absorbed, approximately 18-20 minutes. Drain off excess liquid.

Add 2 cups cooked quinoa to blanched garden greens. Set aside.

Whisk together lemon zest, juice, oil, cumin and salt in a small bowl. Pour it over quinoa salad. Add mint and fresh chives. Toss gently. Season with salt and pepper to taste. Transfer quinoa salad to a serving bowl and garnish with avocado slices, roasted butternut squash, pomegranate seeds, crumbled feta and chopped pistachios. Serves 4.

Add-On Roasted Butternut Squash Cubes:

Preheat oven to 400°F. Halve the squash lengthwise. Using a spoon, scoop out and discard seeds.

If desired, peel with a vegetable peeler.

Cut into 1-inch cubes. Transfer to a large, rimmed baking sheet. Toss with oil, salt and pepper and spread out in a single layer. Roast, tossing occasionally, until just tender and golden brown, about 30 minutes.

