

Steamed Veggie & Quinoa Bowl

Yield: 8 servings

Serving size:

¼ cup quinoa
+ ½ cup vegetables
+1 TBSP dressing



Mixing several vegetables adds nutrients to our diet. Select at least 2 vegetables to steam. The lemon juice and herbs add flavor so we can use less fat and salt.

Nutrition Facts	
Serving size	1 bowl
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 2mg	10%
Potassium 520mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Options: Other vegetables which can be used include cauliflower, broccoli, asparagus, zucchini, yellow squash, and green bell pepper.

Options: Other cooked whole grains which can be used include brown rice, bulgur, barley, or a mixture of whole grains.

INGREDIENTS

8 carrots, peeled and cut into rounds
2 cups fresh green beans, trimmed and cut into 1-inch lengths
2 red bell peppers, seeded and julienned
2 TBSP olive oil
2 TBSP lemon juice
½ teaspoon Kosher salt
½ teaspoon ground black pepper
¼ cup fresh herbs (dill, rosemary, thyme, basil, oregano)
4 cups cooked quinoa
Maple tahini dressing (recipe below)

Maple Tahini Dressing

¼ cup tahini
3 TBSP water
1 lemon, juiced
2 TBSP maple syrup (or honey)
¼ teaspoon Kosher salt

In a small bowl, whisk all ingredients.

DIRECTIONS

1. Put a steamer insert in a large stockpot with a lid.
2. Fill the pot with water just below the level of the insert.
3. Bring water to a simmer on medium-high heat.
4. Place the carrots, green beans and peppers in steamer basket.
5. Cover the pot and steam the vegetables for 10 minutes, or until tender-crisp.
6. Place steamed vegetables into a serving bowl.
7. Pour oil, lemon juice, salt, pepper, and herbs over the vegetables and stir well.
8. Place ¼ cup of cooked quinoa into each serving bowl.
9. Top quinoa with ½ cup vegetables and drizzle each serving with 1 TBSP of maple dressing.

