

Power Bowl

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1/2—1 cup chickpeas, rinsed and drained
- 1/2— 1 cup shredded or finely chopped carrot or other vegetable
- 1/2 avocado
- 2 tablespoons sauce

Directions

1. Place quinoa in a fine strainer and rinse under running water until the water runs clear.
 2. Bring 1 cup water to a boil. Stir in quinoa. Simmer 12-15 minutes until soft and all water is soaked up.
 3. Layer quinoa, then other ingredients into a bowl or container
 4. Top with sauce before eating.
- May be stored up to 3 days in refrigerator in airtight container.



Makes 1 serving

Power Bowl

Ingredients

1/2—1 cup cooked grain/starch (rice, quinoa, potatoes, farro, barley)

4 ounces or 1/2-1 cup protein (cooked chicken, fish, ground meat, eggs, chick-peas, beans, tofu, tempeh, edamame)

1-2 cups vegetables (uncooked, steamed or roasted)

1/4 cup toppings (avocado, shredded cheese, nuts or seeds, kimchi, fresh herbs)

2 tablespoons sauce (lite salad dressing, guacamole, hummus, salsa, other purchased or homemade sauce)

Directions

1. Layer your ingredients into a bowl or container: grain/starch, protein, vegetables, toppings.
2. Add sauce before eating.

May be stored up to 3 days in refrigerator in airtight container.



Makes 1 serving