

Greek Quinoa Bowls

Servings: 4

RECIPE BOX

INGREDIENTS

1 CUP QUINOA
1 1/2 CUPS WATER
1 CUP CHOPPED GREEN BELL PEPPER
1 CUP CHOPPED RED BELL PEPPER
1/3 CUP CRUMBLLED FETA CHEESE
1/4 CUP EXTRA VIRGIN OLIVE OIL
2-3 TBSP APPLE CIDER VINEGAR
SALT AND PEPPER, TO TASTE
1-2 TBSP FRESH PARSLEY



OPTIONAL TOPPINGS: HUMMUS, OLIVES, DICED FRESH TOMATOES OR SLICED AVOCADO

OPTIONAL: For a super simple vinaigrette, whisk together olive oil, apple cider vinegar, salt, and pepper. Pour over your quinoa bowl and toss. Enjoy!

DIRECTIONS:

STEP 1: Rinse and drain quinoa using a mesh strainer or sieve.

STEP 2: Bring medium saucepan to med heat, lightly toast quinoa to remove excess water. Stir just a few minutes. This step is optional but adds to nuttiness & fluff!

STEP 3: Add water, set to high & boil.

STEP 4: Once boiling, reduce heat to low and simmer, covered with lid slightly ajar for 12-13 minutes or until quinoa is fluffy and liquid is absorbed.

STEP 5: Chop & prep remaining ingredients and whisk together dressing ingredients.

STEP 6: Fluff quinoa and add toppings of choice.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 364, Total Fat 19g, Carbs 41g, Protein 9g, Fiber 7g, Sugars 7g.

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