



# AZTEC QUINOA BOWL

Yields: **4 bowls**  
Serving Size: **1 bowl**  
Serves: **4**  
Prep Time: **20 min**  
Cook Time: **25 min**



Quinoa (pronounced "keen-wah") is the star of our grain bowl. Although used as a grain in the culinary world, this nutrient-rich superstar is actually a seed that is botanically related to beets! Quinoa was first cultivated in South America and was sacred to the Incans, who referred to this grain as chisaya mama, or mother of all grains. A small and round grain, quinoa is a plant-based protein powerhouse and comes in many different colors—you'll find red, white and even black quinoa! Quinoa's mild taste makes it the perfect base for a variety of culturally-inspired flavors and dishes. This grain bowl blends two whole grains, quinoa and brown rice, and is finished off with a medley of colorful vegetables and a delicious dressing. Dig into the mouthwatering flavor of this bowl, and remember the sacred protein-packed seed that dates back to the ancient Incan times!

## WHAT YOU'LL NEED

- 1 cup** dry brown rice
- 1 cup** dry quinoa, white or red
- ½ cup** fresh or frozen corn kernels
- 1 cup** black beans, canned, drained and rinsed
- 1 cup** garbanzo beans, canned, drained and rinsed
- 1 large** yellow or green squash, diced
- 1 bunch** curly kale, destemmed and roughly chopped
- ⅓ cup** canned or fresh tomatoes, diced
- 1 Tbsp** olive oil
- 4 tsp** chopped cilantro, fresh
- 4 Tbsp** water
- 4 Tbsp** lime juice
- 8 tsp** soy sauce
- 8 tsp** honey
- 4 tsp** Dijon mustard
- 4 tsp** sesame oil



### Nutritional Information (per serving):

520 calories | 13g fat | 2g saturated fat | 87g carbohydrates | 18g protein | 13g fiber | 730mg sodium

# RECIPE INSTRUCTIONS

## 1 Cook the Grains



### RINSE

the grains to remove a natural coating called saponin that can give them a bitter taste

### BOIL

water in large pot



### ADD

grains and **SIMMER** covered, for about 15 minutes or until the water is absorbed



### LEAVE

covered for another 5 minutes and then fluff the grains with a large fork. Set aside



## 2 Cook the Vegetables

1 Tbsp olive oil



### PREPARE

all vegetables as needed



### HEAT

the olive oil over medium-high heat

1 large yellow or green squash



½ cup fresh or frozen corn kernels



### ADD

the diced squash and corn. Cook for 2-3 minutes

1 cup garbanzo beans, canned, drained and rinsed



1 cup black beans, canned, drained and rinsed



⅓ cup canned or fresh diced tomatoes



### ADD

black and garbanzo beans and diced tomatoes

1 bunch curly kale, roughly chopped



### ADD

kale leaves and wilt quickly, turning off the heat as soon as you add the leaves

## 3 Mix the Dressing

4 Tbsp water



8 tsp soy sauce



4 Tbsp lime juice



4 tsp Dijon mustard



8 tsp honey



4 tsp sesame oil



### WHISK



### DRESS

your sautéed vegetables with half the dressing and the cooked grains with the other half, stirring well



## 4 Assemble the Bowl

1 tsp chopped cilantro



1 cup of vegetable mixture



1 cup of grains



Recreate this grain bowl at home and share it on Instagram! [@ellythemtk](#) [#EllytheMTK](#)