



Quinoa Goodness Bowl

Prep Time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

540 calories

16 g fat

440 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 cup quinoa
- 2 cups low sodium vegetable broth
- 1 (15 oz) can white beans, drained and rinsed
- 1 bunch asparagus
- 4 cups baby arugula
- 1 avocado, diced
- 1 cucumber, sliced
- 1/2 cup pumpkin seeds (pepitas)

Green Goddess Yogurt Sauce

- 1 cup plain Greek yogurt
- 1/2 cup fresh parsley
- 1/4 cup fresh cilantro
- 1 lemon, juiced
- 1 garlic clove
- 1/4 tsp salt & 1/4 tsp black pepper**

DIRECTIONS:

1. **Quinoa:** Pour the quinoa into a fine mesh colander and rinse under running water for at least 30 seconds. Drain well. This step removes any bitterness on the outside of the quinoa. Combine the rinsed quinoa and **2 cups vegetable broth** in a saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes. Remove the pot from heat, cover, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy. Remove the lid and fluff the quinoa with a fork.
2. Drain and rinse **white beans**, set aside. Scoop out the flesh of the **avocado** and dice into 1/2 inch cubes, set aside. Cut the **cucumber** in half and slice into 1/4 inch slices, set aside.
3. Trim off bottom 1 inch of **asparagus**. Pour or spritz 1/4 cup water onto 4 paper towels. Spread out the paper towels and lay the **asparagus** on top of the dampened towels. Sprinkle with **1/4 tsp salt**. Roll up the asparagus in the dampened towels. Lay the bundle, seam side down, in the microwave. Microwave on high until the asparagus is just crisp tender, about 3 minutes. Remove from the microwave using tongs and carefully unwrap. Slice into 1 inch pieces, set aside.
4. To make the **Green Goddess Yogurt Sauce**, combine all the ingredients in a blender or food processor. Pulse until well blended. Add water if needed until desired consistency.
5. To assemble: Scoop **quinoa** into a bowl and top with your preference of **beans, asparagus, arugula, avocado, cucumber** and **pumpkin seeds**. Drizzle with **yogurt sauce**, toss together and enjoy!

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

