The Big Quinoa Bowl

Makes 4 servings

Dinner bowls are a fast, easy, and satisfying option. Feel free to substitute the beans with flavored tofu or tempeh. Replace the vegetables with your favorites or increase the quantity of vegetables used. Asparagus, cabbage, green beans, onions, snow peas, and squash are all excellent additions. Serve this big bowl with a peanut sauce or your preferred dressing.

Ingredients:

4 cups cooked ancient grains (e.g., quinoa, Kamut, farro, or wild rice)

3 cups Brussels sprouts, quartered

2 carrots, cut in half lengthwise, then cut into thin slices diagonally

2 cups cauliflower florets

1 red pepper, thinly sliced

4 cups kale or other leafy greens, stemmed and chopped

3 cups cooked firm beans (e.g., edamame, garbanzo, kidney, black)

Optional Add-Ons: avocado slices, peanuts, toasted sesame, sunflower or pumpkin seeds, toasted almonds, sprouts, sliced green onions, cilantro or parsley, hot sauce

Instructions:

1. Put the Brussels sprouts and carrots in a steamer basket, and steam 4 minutes.
2. Add the cauliflower and peppers and steam another 4 minutes.

3. Add the kale and steam for 2 minutes.
4. Assemble the dinner bowls, by placing 1 cup of cooked grains at the base of each bowl.
5. Add the steamed vegetables and beans, using one-quarter of the vegetables and beans in each bowl. Top with peanut sauce or dressing of your choice.

