



## Quinoa Salad Bowl Recipes

Quinoa Cooking Time: 15 mins

Serves: 4

Difficulty: Easy

### QUINOA COOKING GUIDE

2 cups quinoa  
4 cups water or vegetable broth

Add water and quinoa to a pot, bring to a boil, cover, and reduce to a simmer. Cook for 15 minutes.

### EGGPLANT, SWEET POTATO & CHICKPEA QUINOA SALAD

1 roast eggplant slices  
1 roasted diced sweet potato  
Arugula salad  
1 can chickpeas drained, washed & lightly roasted  
Tahini dressing  
Hummus

### POWERHOUSE QUINOA SALAD BOWL

2 radishes sliced  
1 avocado sliced  
1 cup chopped kale  
1 cup halved cherry tomatoes  
1 cup sliced cucumbers  
½ cup chopped feta  
½ cup chopped red/purple cabbage  
¼ toasted almonds  
1 can chickpeas drained & washed  
Add salmon or chicken  
Dressing of choice

### MOROCCAN QUINOA BOWL

2 chicken breasts  
Moroccan spice (local store should carry)  
1 can of chickpeas, drained, washed & lightly toasted  
6 chopped Medjool dates  
½ cup chopped pistachios or toasted almonds  
1 cup shredded carrots  
½ red onion chopped  
½ zucchini chopped  
¼ cup pomegranate seeds  
¼ cup chopped coriander  
Moroccan Dressing: 2 tbsps lemon juice, 3 cloves of garlic minced, ½ tspn smoked paprika, 2 tbsps cilantro paste, 8 tbsps olive oil.

#### Directions

1. Pat chicken breasts dry with paper towel. Season with salt & pepper then liberally coat chicken breasts in Moroccan spice and let rest of 20 mins.
2. Heat oven to 400f/204c. Toss zucchini, red pepper (capsicum) & red onion in olive oil. Place on baking sheet lined with baking paper, and lightly season with salt & pepper. Roast for 20-24 mins. Then let cool.
3. In a saucepan, add a little canola oil, cook chicken over medium-high heat 6-8 mins each side. Let cool & rest, then slice just before serving.
4. Cook quinoa per cooking guide.
5. Toss ingredients in bowls, dress with fresh coriander, drizzle dressing.