

RECIPE

Roasted Veggie & Quinoa Bowl

Quick & Healthy Recipe

Serves **2 people**



Ingredients

- Roasted Vegetables (see note*)
- Kale, chopped and sauteed
- Blue Cheese, crumbled
- Quinoa, cooked (see note**)
- Walnuts, chopped
- Dried Cranberries or Cherries, chopped

Preparation

1. **Roast vegetables:** I used onion, carrots, parsnips, turnips and sweet potato - change it up so it doesn't get boring!
2. **Saute the kale** by adding washed/dried kale to a non-stick skillet with a little olive oil. After a few minutes cover the pan and add a little liquid (chicken broth or water is fine) - keep taste testing until it's to a consistency you like.
3. **Cook the quinoa.** You can make it according to package directions or buy frozen that you zap in the microwave..
4. **Chop walnuts, and dried fruit.**
5. **Plate** - Add quinoa to individual bowls, top with vegetables, dried fruit, walnuts and bleu cheese.

Tips

***Roasted vegetables:** I basically cut into pieces (the smaller the pieces the quicker they cook), add a little olive oil, S&P in a 400F oven about 30 minutes (depending upon size). This is a good link that shows for each veggie:

<https://www.wikihow.com/Roast-Vegetables>

****Quinoa:** Trader Joe's (or similar) frozen cooked quinoa is a real time saver, and perfect if there are just one or two of you!