



## Toasted Quinoa Bowl

4 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- ½ cup uncooked quinoa
- 2 Tablespoons extra virgin olive oil plus 1 teaspoon, divided
- 1 cup English cucumber, cubed
- 1 cup red bell pepper, diced
- 2 Roma tomatoes, chopped
- 2 scallions, diced
- 1 Tablespoon cilantro, chopped
- 2 Tablespoons lemon juice
- Salt and freshly ground black pepper, to taste
- Optional: cooked chicken and/or avocado

### DIRECTIONS

1. Heat 1 teaspoon oil in a small saucepan. Add quinoa and toast on medium-high heat for 1 to 2 minutes.
2. Add 1 cup water to pan and bring to a boil. Lower heat to low and cover. Simmer for 25 minutes or until water is absorbed. Place quinoa in a bowl to cool.
3. Once quinoa has cooled, add cucumbers, bell pepper, tomatoes, scallions, and cilantro. Gently mix.
4. In a small bowl or mason jar, combine lemon juice with remaining oil.
5. Pour dressing over quinoa and season with salt and pepper.
6. Add chicken and avocado.

### Nutrition Facts

4 servings per container  
Serving size 1 cup

Amount per serving  
**Calories 150**

% Daily Value\*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 2mg 10%

Potassium 241mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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