



Quinoa Super Bowl

The Quinoa Super Bowl is delicious one-dish vegan meal that you can convert to a meat based entree by adding your favorite protein such as grilled chicken, rotisserie chicken pulled off the bone, sauteed shrimp, pre-cooked fajita beef strips, or ground turkey. This dish is part of the Signature Select Recipes® series and includes a super grain, fresh herbs, healthy oils, fresh nuts (for protein) and fresh alkaline green vegetables. AJOY!

QUINOA SUPER BOWL

TOTAL TIME: 30 Minutes * 4 Servings

Approx. Per Person Cost: \$7.00

INGREDIENTS

2 pounds of fresh spinach	½ teaspoon hot chili oil
2 cups cooked white rice	1 cup fresh chopped cilantro
2 cups cooked brown rice	1 tablespoon fresh chopped basil
2 cups cooked red quinoa	2 tablespoons roasted salted pumpkin seeds
16 large brussel sprouts (sliced)	1 lb fresh sliced mushrooms
¼ cup canola oil	1 tablespoon Knorr tomato base
1 tablespoon sesame oil	

DIRECTIONS

- 1. Preheat** Large sautee pan on medium-high heat. Add ½ tablespoon of sesame oil and 1/8 cup canola oil. Bring oil to sizzle and slowly add 2 pounds of fresh spinach and 1 pound of fresh sliced mushrooms. Sautee until spinach is wilted and mushrooms are tender.
- 2. Drain** juice from spinach mushroom mixture, pour the spinach and mushroom mixture into a collandar to continue draining. Re-heat skillet on high heat. Add 1/8 cup canola oil, ½ teaspoon chili oil, sliced brussel sprouts, and pumpkin seeds. Stir Fry on high heat (careful not to burn) until mixture has nice coloring and seared evenly.
- 3. Add** pre-cooked warm white rice, pre-cooked brown rice and pre-cooked red quinoa. Add spinach & mushrooms and 1 tablespoon Knorr tomato base into mixture. Stir until ingredients are blended well and the tomato base is thoroughly dissolved. Serve in dinner size bowls in 4 equal servings. Top with fresh cilantro, fresh basil, and drizzle each with the remaining sesame oil.

To create this dish as a meat-based entree, add grilled chicken, rotisserie chicken pieces, sauteed shrimp, pre-cooked fajita beef strips, or ground turkey.

CALORIES: 650 per serving

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