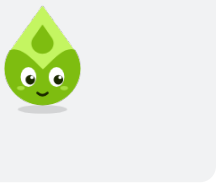
Dinner

Kale and Red Pepper Quinoa Bowl

Fluffy tricolor quinoa gets tossed with tender sauteed vegetables, cannellini beans, and crunchy walnuts, all brightened with lemon juice and balsamic vinegar. It works just as well served warm as it does chilled.

30 min	160	18 g	2 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 5 servings

- [ ] 1/2 cup tricolor quinoa
- [ ] 1 cup water
- [ ] 1/4 cup onion(s) (chopped)
- [ ] 2 clove garlic (minced)
- [ ] 1 whole red bell pepper (chopped)
- [ ] 2 tsp olive oil
- [ ] 2 cup kale (chopped)
- [ ] 1/3 cup cannellini beans (drained and rinsed)
- [ ] 1/3 cup walnuts
- [ ] 1 tbsp lemon juice
- [ ] 1 tbsp balsamic vinegar

Nutrition Facts

Per serving

Calories	**160**
Total fat	8 g
Saturated fat	1 g
Sodium	30 mg
Total carbs	18 g
Fiber	4 g
Total sugars	2 g
Protein	5 g

Method

- [ ] 1 Simmer the tricolor quinoa in the water according to the package directions.
- [ ] 2 Meanwhile, warm the olive oil in a skillet over medium-high heat and cook the onion, garlic, and red bell pepper for about 10 minutes.
- [ ] 3 Add the kale and cannellini beans to the skillet and keep cooking until the kale wilts, about 5 more minutes.
- [ ] 4 Fold the cooked vegetable mixture, the walnuts, the lemon juice, and the balsamic vinegar into the cooked quinoa.
- [ ] 5 Serve warm or chill before serving.

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