



Easy Bowl



Vegan or Vegetarian, Gluten-free

Serves 2-3

Sometimes I come home from work and I have no idea what I am going to make for dinner.

This is when it is "something out of nothing" night, I take all the things out from the fridge that need to be used and make something out of it.

A quinoa bowl is always a great way to have a last-minute delicious and nutritious dinner.

This one is made of ingredients I had handy at the time, but feel free to make it your own.

- ♥ 1 cup dry quinoa (rice would be a great option, as well)
- ♥ 1 bell pepper - sliced
- ♥ Mushrooms (any kind) - sliced
- ♥ 1 onion - sliced
- ♥ Raw cashews - toast in cast iron skillet until golden
- ♥ Avocado - sliced
- ♥ Cilantro - finely chopped

1. Add 1 cup dry white quinoa to 1 ½ cups of water. Bring to boil with a dash of salt, low to medium heat. Cover. Cook until all the water is fully absorbed.
2. In a preheated pan and coconut oil, sauté the onions, mushrooms, and peppers separately. Once sautéed, set aside.
3. In a bowl, place the cooked quinoa; top with mushrooms, onions, peppers, cashews, avocado, and cilantro.

Bon appétit!

- For my other half, I add a good quality sausage or some left-over chicken (if I have some), as he needs his protein!
- I also make a creamy sauce with sour cream, yogurt, paprika, hot sauce; and smoked salt. It's a great upgrade!

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