

Grace's Great Quinoa Bowl

Ingredients:

1 cup raw quinoa, rinsed well
2 cups water
1 tsp sea salt
½ cup shredded, raw carrot
1 cup chopped, raw kale
2 small, chopped tomatoes
¼ cup chopped fresh cilantro
2 cloves chopped garlic
1 small, chopped onion
1 large roasted, peeled & sliced sweet potato
1 – 2 peeled & sliced avocado
¼ cup toasted sesame seeds
¼ cup of your favorite sprouts

Dressing:

1/4 cup Tamari Wheat Free Soy Sauce
½ cup Extra Virgin Olive Oil

1. Bring quinoa, water & salt to a boil in a thick bottom pot. Reduce heat & simmer for about 20 minutes or until the quinoa opens up revealing a little spiral & is soft & pleasant to chew.
2. In a small skillet, warm a splash of olive oil over medium high heat. Add the onions & garlic and cook for 4 to 5 minutes or until they soften up a bit. Remove from heat and set aside.
3. Mix quinoa, carrot, kale, tomatoes, cilantro, garlic & onion in a large bowl. Arrange on a serving platter.
4. Whisk dressing ingredients together and drizzle over top of salad.
5. Garnish with slices of sweet potato, avocado & sprouts. Sprinkle with sesame seeds.

Enjoy the goodness and give thanks!!