



Spring Veggie Grain Bowl

SERVINGS: 2

PREPPING TIME: 15 MINS

COOKING TIME: 15 MINS

INGREDIENTS

Grain Bowl:

- 1 cup cooked quinoa (or 1/2 cup dry, cooked according to package)
- 1 cup asparagus, trimmed and cut into 2-inch pieces
- 1 cup snap peas, trimmed
- 4 radishes, thinly sliced
- 8 oz. grilled chicken breast, sliced
- 1 tbsp. olive oil
- 1/2 tsp. garlic powder
- Salt and pepper, to taste
- 2 cups baby spinach or greens of choice
- Fresh dill and spring onion to garnish

Lemon-Tahini Dressing:

- 1 tbsp. olive oil
- 1 tbsp. tahini
- 1 tbsp. fresh lemon juice
- 1/4 tsp. lemon zest
- 1/2 tsp. honey
- 1/4 tsp. Dijon mustard
- 1 tbsp. cold water (adjust for desired consistency)

DIRECTIONS

1. Cook quinoa according to package instructions (approximately 15 minutes) and let it cool slightly.
2. Boil a small pot with water. Add in asparagus and bring to a simmer for 1 minute. Add in the snap peas for a further 1 minute.
3. Drain and run under cold water or pour into iced cold water. Strain from water and toss asparagus and snap peas with olive oil, garlic powder, salt, and pepper.
4. Season the chicken breast with salt and pepper. Grill over medium heat for 6–8 minutes per side, or until fully cooked. Let it rest for 5 minutes, then slice thinly. If you decide to cook the chicken on the stovetop, cook 5–7 minutes per side over medium-high heat.
5. In a small bowl, whisk together olive oil, tahini, lemon juice, lemon zest, honey and mustard. Add in 1 tbsp of water at a time to create the desired consistency. Season with salt and pepper.
6. Divide the quinoa between two bowls. Top each bowl with roasted asparagus, snap peas, radishes, and sliced chicken. Drizzle the lemon-tahini dressing over the top.
7. Garnish with a sprinkle of dill and sliced spring onion.

NUTRITION

Serving size: 1 bowl (~3 1/2 cups)
(per serving) 568.6 calories, 25.6g fat, 4.3g saturated fat, 96.4mg cholesterol, 149.8mg sodium, 38.2g carbohydrate, 6.4g fiber, 10.7g sugar, 47.7g protein