

# Build-your-own **Quinoa** Bowl



## Nutrition Facts

Serving Size 1 Serving (285g)  
Serving Per Container: 1

Amount Per Serving

**Calories** 510      Calories from Fat 190

% Daily Values\*

**Total Fat** 21g      **32%**

Saturated Fat 3.5g      **17%**

*Trans* Fat 0

Polyunsaturated Fat 3.5g

Monounsaturated Fat 11g

**Cholesterol** 65mg      **21%**

**Sodium** 460mg      **19%**

**Total Carbohydrate** 55g      **18%**

Dietary Fiber 8g      **32%**

Sugars 5g

**Protein** 26g

Vitamin A 220%      •      Vitamin C 60%

Calcium 10%      •      Iron 50%

Vitamin E 0%      •      Vitamin B6 0%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram  
Fat 9      •      Carbohydrates 4      •      Protein 4



Licking Memorial Hospital | Culinary Services

# Build-your-own **Quinoa** Bowl (4 Servings)

## Ingredients:

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### For the vegetables:

- 1 large sweet potato, chopped into 1/2-inch pieces
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 cups Brussels sprouts, cut in half
- 1/2 red onion, sliced
- 1 to 2 tablespoons olive oil

- Salt and black pepper, to taste
- 3 cups chopped kale

### For the quinoa:

- 1 cup quinoa, rinsed
- 2 cups water
- Pinch of salt

## Directions:

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Preheat oven to 400 degrees F. Place the vegetables on two baking sheets in an even layer and spread out a little. Drizzle with olive oil and toss until the vegetables are coated. Season with salt and black pepper. Place in the oven and roast for 20 minutes. Remove from the oven and toss the vegetables. Place the pans back in the oven and roast for 15 to 20 more minutes or until vegetables are tender and slightly crisp. While the vegetables are roasting, make the quinoa. In a medium saucepan, combine water, rinsed quinoa, and salt. Bring to a boil. Reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.

To assemble the bowls, add quinoa, an assortment of the roasted vegetables, and chopped kale. Drizzle with your favorite dressing, or pour in some hot broth to transform the bowl into a satisfying soup.