



Pesto Quinoa Bowl

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 5 servings | Serving Size: 1¼ cup

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 tablespoon extra-virgin olive oil
- 6 cloves garlic, minced
- 2 cups chopped fresh green beans
- 1 (5-ounce) bag fresh baby spinach (or ½ cup frozen chopped spinach)
- 1 cup cherry tomatoes, cut in half
- 1 (15-ounce) can no-salt-added canned white beans (e.g. Cannellini, Great Northern), drained and rinsed
- ¼-½ teaspoon ground black pepper, to taste
- ½ cup pesto (store-bought or homemade)
- 5 tablespoons shredded or grated fresh parmesan cheese (optional)

Recipe Notes

- Consider substituting mushrooms, zucchini, or onion for the green beans, or use a combination of vegetables.

Directions

1. Add the quinoa and water to a medium saucepan.
2. Bring the water to a boil over high heat, then reduce the heat to a simmer.
3. Cover the saucepan with a lid and cook until the quinoa is tender and the water is absorbed, about 10-15 minutes. Remove the saucepan from the heat and set aside.
4. While the quinoa cooks, heat the oil and garlic in a medium skillet over medium heat just until fragrant, about 2-3 minutes.
5. Add the green beans and cook, stirring often, for 5 minutes.
6. Add the spinach. Cook, stirring often, until the spinach is wilted and the green beans are tender. Turn off the heat.
7. Add the cooked quinoa, tomatoes, beans, pesto, and pepper. Toss until well combined.
8. Divide into five serving bowls.
9. Serve warm, topping each bowl with 1 tablespoon parmesan cheese if desired.

Nutrition Facts Per Serving: Calories: 385 | Total Fat: 16 g | Saturated Fat: 3 g
Sodium: 200 mg | Total Carbohydrate: 47 g | Dietary Fiber: 12 g | Protein: 15 g

Submitted by VHA Healthy Teaching Kitchen Program
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