



QUINOA & VEGGIE POWER BOWL

This bowl is rich in fiber, plant-based protein, and heart-healthy fats to support sustained energy and heart health.

PREP TIME
15 MIN

COOK TIME
15 MIN

SERVINGS
4

Instructions

1. In a saucepan, combine quinoa and broth. Bring to a boil, reduce heat, cover, and simmer for 12–15 minutes until liquid is absorbed. Fluff with a fork.
2. While quinoa cooks, heat 1 tbsp olive oil in a skillet over medium heat. Add garlic and vegetables and sauté for 5–7 minutes until tender.
3. Stir in chickpeas, oregano, salt, and pepper; cook for 2–3 minutes until warmed through.
4. Divide quinoa into bowls and top with the veggie and chickpea mixture.
5. Drizzle with remaining olive oil and lemon juice. Add optional toppings if desired.

Storage Tips:

Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat gently in the microwave or enjoy cold as a salad.

Ingredients

- 1 cup dry quinoa, rinsed
- 2 cups low-sodium vegetable broth or water
- 1½ cups mixed vegetables (bell peppers, zucchini, broccoli, or carrots)
- 1 cup canned chickpeas, rinsed and drained
- 2 tbsp olive oil, divided
- 1 clove garlic, minced
- 1 tsp dried oregano or Italian seasoning
- Salt and black pepper, to taste
- Juice from ½ lemon
- Optional Toppings: Avocado, Feta Cheese