

Summer Bounty

Kale & Quinoa Bowls



This grain bowl highlights fresh summer produce, legumes, and whole grains. Serving with simple oven roasted salmon and chimichurri sauce adds an extra pop of light, refreshing flavor!

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

1 cup	Quinoa, dry
1 Tbsp	Olive Oil
1 medium	Zucchini, cut into ½" thick half-moons
¼ tsp	Kosher Salt
To taste	Black Pepper, ground
1 cup	Edamame, shelled, frozen and defrosted
1 ½ cup	Corn, fresh (approx. 2 ears) or frozen (defrosted)
2 each	Peaches, pits removed and each cut into 8 wedges
As needed	Non-stick Cooking Spray
1 bunch	Kale, stems removed and torn into bite sized pieces (about 4 cups)
2 Tbsp	Sunflower Seeds, toasted
2 Tbsp	Feta Cheese, crumbled
½ cup	Chimichurri Sauce (see separate Recipe)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine quinoa and 2 cups water in a small saucepan and heat over medium-high heat until boiling. Once quinoa boils, turn heat to low and cover, allowing to simmer for 15 minutes. Remove from the heat and let sit for 5 additional minutes, before fluffing with a fork. Set aside to cool.
3. Meanwhile, heat a large sauté pan over medium-high heat and once hot, add the oil and the zucchini and season with the salt and pepper. Sauté until lightly browned and just tender, stirring occasionally, about 3-4 minutes.
4. Add the defrosted edamame (or drained and rinsed chickpeas) to the pan with the zucchini and stir to warm through. Transfer the vegetable mixture to a large mixing bowl and set aside.

CHEF'S NOTES

This recipe has a lot of components but can be put together quickly during the week with some of the prep done in advance. Store the leftovers of each component separately or as prepped bowls ready for a grab and go meal.

DIRECTIONS (continued)

5. If using fresh corn, it can be left raw, grilled or cooked lightly and cut from the cobs (try cutting off the top and bottom of the cob before removing the husk and microwaving for 2 minutes – the husk will slide right off and the corn will be just cooked). If using frozen corn, allow it to defrost to room temperature. Add the corn to the bowl with the zucchini and edamame.
6. Meanwhile, heat a grill, grill pan, or large nonstick sauté pan over medium-high heat and spray the peach wedges with cooking spray. Add the wedges flesh side down to the grill/grill pan/sauté pan and cook undisturbed for about 2-3 minutes, flipping halfway through, until grill marks form on each side. Set aside.
7. Add the torn kale to a large bowl and using your hands, massage the kale for about a minute, until it is softened and darkened in color.
9. Assemble the bowls: Add about 1 cup kale to a bowl and top with $\frac{3}{4}$ cup cooked quinoa. Next add about 1 cup of the zucchini, edamame, and corn mixture. Top with 4 peach wedges; sprinkle each serving with $\frac{1}{2}$ Tbsp sunflower seeds and $\frac{1}{2}$ Tbsp feta cheese. Drizzle with 2 Tbsp Chimichurri sauce and enjoy!

Nutrition Facts	
4 servings per container	
Serving size 1 cup kale, 3/4 cup quinoa, 1 cup veggies, 1/2 peach, toppings & 2 Tbsp sauce (274g)	
Amount Per Serving	
Calories	470
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 300mg	13%
Total Carbohydrate 56g	20%
Dietary Fiber 10g	36%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 4.6mg	25%
Potassium 1140mg	25%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

CONTAINS: MILK, SOY



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

