

# Summer Bounty Kale & Quinoa Bowls



*This grain bowl highlights fresh summer produce, legumes, and whole grains. Serving with lemony roasted shrimp and basil vinaigrette adds an extra pop of light, refreshing flavor!*

## 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.

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>45 MIN</b>
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## INGREDIENTS

1 cup	Quinoa, dry (or your favorite Whole Grain: Brown Rice, Millet or Farro)
1 cup	Corn, fresh (approx. 2 ears) or frozen (defrosted)
1 cup	Edamame, shelled, frozen and defrosted (or chickpeas, drained and rinsed)
2 tsp	Olive or Canola Oil
1 medium	Zucchini or Summer Squash, cut into ½" half-moons (or 1-2 cups chopped favorite vegetables: green beans, eggplant, bell pepper, tomatoes or cucumbers)
¼ tsp	Kosher Salt
To taste	Black Pepper, freshly ground
1 each	Peach, pit removed and cut into 8 wedges (or your favorite seasonal fruit: nectarines, plums, cherries, blueberries, strawberries, mango or watermelon)
As needed	Non-stick Cooking Spray
1 bunch	Kale, stems removed and torn into bite sized pieces
2 Tbsp	Sunflower Seeds, toasted
2 Tbsp	Feta Cheese or Queso Fresco, crumbled

*Optional Toppings (see separate recipes):* Lemon Garlic Roasted Shrimp and Basil Vinaigrette

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
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.
3. 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. Place the corn in a medium bowl.
4. Add the defrosted edamame (or drained and rinsed chickpeas) to the bowl with the corn.

## DIRECTIONS (continued)

5. 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. Add to the bowl with the corn and edamame, stir to combine.

6. Heat a grill or grill pan over medium-high heat and spray the peach wedges with cooking spray. Add the wedges flesh side down to the grill/grill 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 add the remaining 1 tsp oil. Using your hands, massage the oil into the kale for about a minute, until each piece is softened and darkened in color.

9. Assemble the bowls: Add  $\frac{3}{4}$  cup cooked quinoa to a bowl and top with about  $\frac{3}{4}$  cup of massaged kale. Next add about  $\frac{1}{2}$  cup of the corn, edamame, and zucchini mixture. Top with 2 peach wedges; sprinkle each serving with  $\frac{1}{2}$  Tbsp sunflower seeds and  $\frac{1}{2}$  Tbsp cheese.

*Optional Toppings:* Add 4 oz. Lemon Garlic Roasted Shrimp (separate recipe) to each bowl and drizzle with 2 Tbsp of Basil vinaigrette (separate recipe), if desired.

Nutrition Facts	
4 servings per container	
<b>Serving1 Bowl: 3/4 cup quinoa, 3/4 cup</b>	
<b>Size</b> kale, 1/2 cup vegetables, 2 peach wedges, 1/2 Tbsp sunflower seeds, 1/2 Tbsp cheese, 2 Tbsp dressing	
<b>VEGETARIAN (352 g)</b>	
Amount per serving	
<b>Calories</b>	<b>390</b>
% Daily Value *	
<b>Total Fat 20g</b>	<b>25%</b>
Saturated Fat 3.5g	17%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 10g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 270mg</b>	<b>12%</b>
<b>Total Carbohydrate 45g</b>	<b>16%</b>
Dietary Fiber 7g	24%
Total Sugars 9g	
Includes 1g Added Sugars	1%
<b>Protein 14g</b>	<b>27%</b>
Vitamin D 0.03mcg	0%
Calcium 100mg	8%
Iron 4mg	20%
Potassium 700mg	16%
Vitamin A 37µg	4%
Vitamin C 20mg	20%
Vitamin E 3mg	21%
Vitamin K 30µg	27%
Vitamin B-6 0.5mg	29%
Folate 210µg	53%
Vitamin B-12 0.1µg	5%
Phosphorus 360mg	29%

Nutrition Facts	
4 servings per container	
<b>Serving1 Bowl: 3/4 cup quinoa, 3/4 cup</b>	
<b>Size</b> kale, 1/2 cup vegetables, 2 peach wedges, 1/2 Tbsp sunflower seeds, 1/2 Tbsp cheese, 2 Tbsp dressing	
<b>WITH 4 oz. shrimp (478 g)</b>	
Amount per serving	
<b>Calories</b>	<b>520</b>
% Daily Value *	
<b>Total Fat 24g</b>	<b>31%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 13g	
<b>Cholesterol 190mg</b>	<b>63%</b>
<b>Sodium 530mg</b>	<b>23%</b>
<b>Total Carbohydrate 46g</b>	<b>17%</b>
Dietary Fiber 7g	24%
Total Sugars 10g	
Includes 1g Added Sugars	1%
<b>Protein 37g</b>	<b>73%</b>
Vitamin D 0.03mcg	0%
Calcium 180mg	14%
Iron 4mg	23%
Potassium 1100mg	22%
Vitamin A 37µg	4%
Vitamin C 20mg	24%
Vitamin E 4mg	25%
Vitamin K 30µg	29%
Vitamin B-6 0.5mg	30%
Folate 210µg	54%
Vitamin B-12 0.1µg	5%
Phosphorus 605mg	48%

