

Lemony White Bean & Quinoa Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

2/3 cup Quinoa (dry)
2 cups Cannellini Beans (drained, rinsed)
1/2 Red Bell Pepper (chopped)
1/4 cup Red Onion (finely chopped)
1/4 cup Lemon Juice
1/2 Garlic (clove, minced)
1 tsp Dried Parsley
1/4 tsp Sea Salt
1/2 Cucumber (sliced)
1 cup Cherry Tomatoes (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	478	Carbs	90g
Fat	5g	Protein	20g

DIRECTIONS

- 01 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 02 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 03 In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
- 04 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!