



Veggie-Quinoa Mega Bowl



1/4th of recipe (about 1 1/3 cups): 368 calories, 5.5g total fat (0.5g sat. fat), 615mg sodium, 65.6g carbs, 13.5g fiber, 9g sugars, 18g protein

Prep: 20 minutes **Cook:** 40 minutes

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Ingredients

5 cups Brussels sprouts, halved
4 cups baby bella/cremini mushrooms, halved
2 tsp. olive oil or grapeseed oil
1/2 tsp. salt
1/4 tsp. black pepper
1 cup red onion cut into 1-inch chunks
1 cup uncooked quinoa, rinsed thoroughly
1 tbsp. chopped garlic
One 15-oz. can black beans, drained and rinsed
2 cups roughly chopped spinach leaves
1/4 cup chopped basil
2 tbsp. balsamic vinegar

Directions

Preheat oven to 400 degrees. Spray 2 baking sheets with nonstick spray.

Place halved Brussels sprouts and mushrooms in a large bowl. Drizzle with oil, and sprinkle with 1/4 tsp. salt and 1/8 tsp. pepper. Toss to coat.

Transfer Brussels sprouts and mushrooms to baking sheets. Add onion, and evenly space out all veggies. Bake until mushrooms and onion have softened and Brussels sprouts have slightly browned, 35 - 40 minutes.

Meanwhile, in a medium pot, combine quinoa, garlic, and 2 cups water. Bring to a boil, and then reduce heat to low. Cover and let simmer for 15 minutes, or until water has evaporated and quinoa is fully cooked.

Transfer cooked veggies and quinoa back to the large bowl. Add remaining ingredients, including the remaining 1/4 tsp. salt and 1/8 tsp. pepper. Mix to combine. Enjoy!

MAKES 4 SERVINGS

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