



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)

Directions

- 1 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 2 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 3 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.
- 4 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Nutrition

Amount per serving	
Calories	478
Fat	5g
Carbs	90g
Fiber	18g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	986mg
Vitamin A	1646IU
Vitamin C	64mg
Calcium	100mg
Iron	7mg
Vitamin D	0IU
Folate	145µg
Magnesium	138mg