

RECIPE | TOMATOES

QUINOA FUEL BOWL



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QUINOA FUEL BOWL

Recipe created by *Paulina Gomez*



35 min

15 min | **20 min**
PREP. | COOKING



2



easy

INGREDIENTS

For the bowl:

1 dry pint Pure Flavor® Cloud 9® Bite-Sized Fruity Tomatoes

1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers

2 sweet potatoes, cut into chunks

1 gala apple

2 cups Brussels sprouts

1 cup quinoa, cooked to packaged directions

½ cup pecans

⅓ cup feta cheese, crumbled

1 tbsp olive oil

1 tsp cinnamon

Salt and pepper, to taste

For the dressing:

¼ cup water

1 tbsp Dijon mustard

DIRECTIONS

- 1** Preheat oven to 400°F.
- 2** Dice cucumbers, cut apple into chunks and halve the tomatoes. Set aside.
- 3** In a medium-sized bowl, add sweet potatoes and Brussels sprouts. Add olive oil, cinnamon, salt & pepper to taste and mix well.
- 4** Place the Brussels sprouts and sweet potato mixture on a sheet pan and roast for 20 minutes.
- 5** Make the dressing by whisking together the syrup and mustard until well combined. Continue whisking and add water until it reaches your desired consistency.
- 6** To serve, add quinoa to each bowl. Top with veggies, feta cheese, apples, and pecans. Drizzle with dressing and enjoy!