



RECIPE | TOMATOES

QUINOA FUEL BOWL



35 min

15 min
PREP.

20 min
COOKING



2



easy

INGREDIENTS

Recipe created by *Paulina Gomez*

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

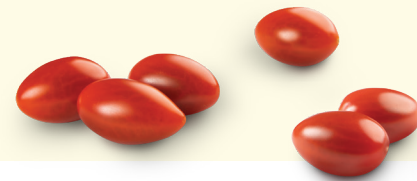
Salt and pepper, to taste

For the dressing:

¼ cup water

1 tbsp Dijon mustard

½ tbsp maple syrup



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!

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