



Simple | Healthy | Delicious

Delicious Big Bowl



INGREDIENTS

2 cups white Nature's Earthly Choice Quinoa, rinsed well
4 scant cups water
1 teaspoon salt
A few splashes of extra virgin olive oil
3 - 4 medium/large potatoes, cut into 1/2-inch dices
1 large yellow onion, chopped
1 clove garlic, chopped
1 cup toasted nuts (walnuts, pine nuts, etc)
1-2 cups lightly cooked asparagus, cut into 1/2-inch segments

DIRECTIONS:

1. Bring the quinoa, water and salt to a boil in a large thick-bottomed pot. Reduce heat and simmer for about 20 minutes or until the quinoa opens up revealing a little spiral and is soft and pleasant to chew. If there is any remaining liquid at this point, drain it off and set the quinoa aside.
2. Warm a splash of olive oil in a skillet over medium-high heat, then add the potatoes and a couple pinches of salt. Toss to coat the potatoes and cover for a few minutes to allow the insides of the potatoes to sweat and cook. Uncover, toss again, then cook a few minutes longer (uncovered) until the potatoes start to get some color. Continue tossing every few minutes to get more color and crispness. When they are cooked through and pleasantly crunchy, season to taste with salt and scoop out onto a plate. Set aside.
3. In the same skillet (no need to clean) warm another splash of oil. Add the onions and garlic and cook for 4-5 minutes or until they soften up a bit.
4. Toss the Quinoa with a splash of olive oil (you can also use citrus parmesan dressing). Serve each bowl of quinoa topped with potatoes, onions, nuts and asparagus. Alternately, you can toss everything together in one big bowl and serve it up family-style.