



Humana
Neighborhood Center

Italian Roasted Vegetable Quinoa Bowl

Serves 6-8

Ingredients:

- 3 tablespoons cold-pressed olive oil
- 1 medium eggplant cut into 1-inch pieces
- 1 red bell pepper and cut into 1/4-inch slices
- 1 purple onion cut to 1/8-inch slivers
- 1 zucchini, cut into 1-inch pieces
- 1 bunch fresh asparagus, trimmed and cut into 1-inch pieces
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- 1/4 teaspoon Sicilian sea salt
- 1/2 teaspoon ground black pepper
- 2 cups quinoa, cooked according to instructions on pack

How to prep:

1. Preheat oven to 400 degrees. Grease baking sheet with 1 tablespoon olive oil.
2. Place all vegetables into a medium mixing bowl.
3. Add 2 tsp. olive oil to vegetables and stir to coat evenly.
4. Place vegetables onto the baking sheet.
5. Bake in the preheated oven uncovered for 30 minutes, or to your degree of doneness.
6. Once tender, remove from the oven and place in a large bowl. Add in the basil, salt and pepper, cooked quinoa and stir until all mixed together.

