

## RECIPE



# LILY'S HAWAIIAN GRAIN BOWL

3 SERVINGS



## INGREDIENTS

### FOR THE GRAIN BOWL

- 1 cup uncooked quinoa (tricolor quinoa is pictured)
- 2 cups water
- ½ teaspoon salt
- ½ Tablespoon olive oil
- 6 slices fresh pineapple
- 1 small zucchini, sliced
- ½ cup shredded carrots
- ½ cup red bell pepper, diced
- 3 green onions, chopped
- 1 (15-ounce) can of black beans, rinsed and drained
- 1 lime, quartered (for garnish)

### FOR THE DRESSING

- 2 Tablespoons olive oil
- 1 ½ Tablespoons honey
- 1 Tablespoon low-sodium soy sauce
- 1 Tablespoon fresh lime juice
- ½ teaspoon rice wine vinegar (or apple cider vinegar)

## INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Rinse the quinoa in a fine-mesh strainer. Transfer the quinoa to a medium pot and add 2 cups water. Bring to a boil over medium heat. Cover and reduce heat. Simmer for 15 minutes or until the liquid is absorbed.
- 3 While the quinoa is cooking, scrub the pineapple, bell pepper, and lime with a clean vegetable brush under running water. Gently rub the zucchini and green onions under cold running water. Dry with a clean towel.
- 4 Peel and slice the pineapple, and cut the zucchini into slices. Lightly brush with ½ Tablespoon olive oil and grill on a grill pan over medium-high heat just until there are grill marks. Set aside.
- 5 Remove the seeds from the red pepper and cut into bite-sized pieces. Cut off the root end of the green onion, then slice diagonally. Quarter the lime. Set aside.
- 6 Rinse and drain the black beans. Set aside.
- 7 Prepare the dressing by whisking together the olive oil, honey, soy sauce, lime juice, and rice vinegar. Set aside.
- 8 Mix the quinoa with half of the dressing.
- 9 Assemble the bowl by adding the quinoa mix first then topping with the grilled zucchini and pineapple. Cut the pineapple into bite-sized pieces, if desired. Then add the red bell pepper, green onion, and black beans.
- 10 Drizzle the remaining dressing and garnish with lime.

**NOTE:** Ingredients can be made ahead of time and mixed prior to serving.

RECIPE COURTESY OF **Lily for the "Young Cooks Recipe Challenge"**

PHOTO COURTESY OF **HowtoBurnWater.com**

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org).

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