

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"**

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This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org.

Learn more about food safety at StoryOfYourDinner.org.

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