

Quinoa Bowl

Featured recipe for July 2019 in the Delicious Downtown St. Catharines calendar

OLiV Tasting Room & Artisan Kitchen

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Downtown St. Catharines

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- 1 cup uncooked quinoa
- 1 Tbsp. OLiV Lemon White Balsamic Vinegar
- 1 medium zucchini
- 1 sweet potato, peeled
- 1 sweet red pepper
- 1 Tbsp. OLiV Basil Extra Virgin Olive Oil
- Pinch of salt and pepper
- ¼ cup goat cheese
- ¼ cup sundried tomatoes, chopped
- ½ cup pea shoots

Rinse the quinoa under cold running water to remove any bitter flavour. Pour into a saucepan and cover with 2 cups of salted water. Bring to a boil over medium heat. Cover and reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed. Add OLiV Lemon White Balsamic Vinegar, fluff with a fork and set aside. Please note 1 cup uncooked quinoa = 3 cups cooked quinoa.

Slice zucchini and sweet potato into 1-inch thick medallions on a bias. Slice red pepper into 6 large pieces. Coat with OLiV Basil Extra Virgin Olive Oil and salt and pepper. Put in a single layer on a baking sheet, and bake in a preheated (375 degree) oven for 15 to 20 minutes, or until the vegetables are tender.

To assemble, place one cup of cooked quinoa in the centre of a bowl. Arrange the one-third of the roasted vegetables and goat cheese around each bowl of quinoa. Top with sundried tomatoes and pea shoots. Drizzle some additional OLiV Basil Extra Virgin Olive Oil and OLiV Lemon White Balsamic Vinegar on top of the pea shoots, and ENJOY!