



## KALE & PORTOBELLO QUINOA POWER BOWL



Tender quinoa tossed with white balsamic vinaigrette and topped with **Breaded Portobello Mushroom Fries**, wilted kale, roasted red peppers, red onion, artichoke hearts, garbanzo beans and broccoli florets. Yield: 2 Servings

### Power Bowl Ingredients:

6 Each	<b>Breaded Portobello Mushroom Fries</b> [#0126120], Prepared According to Package Directions
2 Cups	Quinoa, Prepared & Chilled
¼ Cup	Broccoli Florets, Blanched
¼ Cup	Kale, Wilted
¼ Cup	Red Onion, Sliced
¼ Cup	Roasted Red Peppers, Sliced
¼ Cup	Artichoke Hearts, Quartered
¼ Cup	Garbanzo Beans, Drained
Garnish	Parsley, Chopped

### White Balsamic Vinaigrette Ingredients:

2 Tbsp.	White Balsamic Vinegar
2 Tbsp.	Honey
1 tsp.	Dijon Mustard
1 tsp.	Garlic, Minced
1 tsp.	Italian Seasoning
To Taste	Salt & Black Pepper
¼ Cup	Vegetable Oil

### Directions:

1. In a small mixing bowl, whisk together the white balsamic vinegar, honey, Dijon mustard, garlic, Italian seasoning, salt and black pepper.
2. Slowly whisk in the vegetable oil until it has emulsified to make the white balsamic vinaigrette.
3. In a medium mixing bowl, toss the quinoa with the white balsamic vinaigrette.
4. Top the quinoa with the broccoli florets, kale, red onion, roasted red peppers, artichoke hearts, garbanzo beans, and **Breaded Portobello Mushroom Fries**.
5. Garnish with chopped parsley.

