



Protein-Packed Quinoa Bowl ~ Green Goddess Dressing

Quinoa

- 1 cup organic quinoa
- 1 cup red quinoa
- 1 cup barley
- 5 cup vegetable broth
- 1 star anis
- 1 bay leaf
- 1 tb kosher salt
- 2 sprig basil, chopped

METHOD:

1. Rinse the grains.
2. Measure and all the ingredients to a sauce pot, covered.
3. Bring to a boil on medium heat.
4. Once boiled, simmer on low heat for 18 minutes until all the liquid is absorbed.
5. Cool on a plate.
6. Add basil, mix.

GREEN GODDESS DRESSINGS

- 5 sprig tarragon, rough chopped
- 3 sprig basil, rough chopped
- 3 sprig parley, rough chopped
- 3 sprig green onion, rough chopped
- 1 cup sour cream
- 5 pc anchovies
- ½ cup mayonnaise
- 1 lemon, juiced
- 2 cloves garlic, crushed
- 1 ts Dijon mustard
- 1 cup guacamole, or 1 ripe avocado
- S+P to taste

METHOD:

1. Add all the ingredients to a food processor.
2. Blend until fully incorporated.
3. Season with S+P to taste.

HOW TO BUILD A QUINOA BOWL:

- 1 hard boiled egg
- 3 tb quinoa



- 6 heirloom tomatoes, sliced
- Red cabbage, julienne
- Carrot, julienne
- Red peppers, julienne or pickled vegetables
- Grilled corn, kernels removed
- Your choice of any other vegetable
- Edamame beans
- Green Goddess dressing

METHOD:

1. Watch the video for plating tips: <https://www.youtube.com/watch?v=Qzld08R87V0>