

Quinoa and Veggie Bowl with Lemon Vinaigrette

Ingredients



1 cup quinoa
2 cups water
1 can chickpeas, drained and rinsed
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 cucumber, chopped

1 avocado, sliced
2 tbsp chopped fresh cilantro
1/4 cup olive oil
1/4 cup fresh lemon juice
1 tsp honey or agave syrup or maple syrup to make it vegan
Salt and pepper, to taste

Directions

1. In a medium-sized saucepan, combine the quinoa and water. Bring to a boil, then reduce heat and simmer until the quinoa is tender and the water is absorbed, about 15 minutes.
2. While the quinoa is cooking, prepare the vegetables. Combine the chickpeas, red and yellow bell peppers, cucumber, avocado, and cilantro in a large bowl.
3. In a separate small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper until well combined.
4. When the quinoa is done, add it to the bowl with the vegetables and mix well.
5. Drizzle the lemon vinaigrette over the top of the quinoa and veggies and toss to combine.
6. Serve the quinoa and veggie bowl immediately or store in an airtight container in the refrigerator for up to three days.

Enjoy your light and refreshing quinoa and veggie bowl as a healthy and delicious lunch or side dish!