



Tuscan Quinoa Bowl

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

- Instant Quinoa** | 1 ½ cups (3)
- Spinach** | ½ cup (1)
- Chef's Choice Seasoning** | ½ Tbsp. (1)
- Balsamic Vinegar** | 1 Tbsp. (2)
- Parmesan Cheese** | 2 ½ Tbsp. (⅓ cup)
- Garlic** | ½ Tbsp. (1)
- Veggie Mix**
 - Tomato Dices | ⅓ cup (¾)
 - Asparagus | ¼ cup (½)
 - Zucchini | ¼ cup (½)
 - Broccoli | ½ cup (¾)
 - Red Bell Peppers | ¼ cup (½)

Onion Slices | ¼ cup (½)

Seasoning Blend

- Basil | ½ Tbsp. (1)
- Chef's Choice Seasoning | ½ tsp. (1)
- Tomato Powder | 2 tsp. (1 ½ Tbsp.)

grab from your pantry

- Olive Oil** | 2 ½ Tbsp. (⅓ cup)
- Butter or Oil** | 1 Tbsp. (2)

20
minutes

vegetarian
allergens:
Dairy,
Pantry items not included

330 CALS / FATS 20G / PROTEIN 9G / SODIUM 750MG

THRIVE
LIFE

kitchen gadgets: Medium pot, large sauté pan, large bowl, fine mesh strainer.



1 *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

In a medium sauce pot bring 3 (6) cups of **water** to a boil. Add the **instant quinoa** and let boil for 2 minutes.



2 Add the **spinach** to the boiling quinoa and stir in to refresh for about 20 seconds. Pour spinach and quinoa into a fine mesh strainer, and let any excess water drain out. If desired cold for salad, rinse with cold water.



3 Pour quinoa and spinach into a medium sized bowl and add **Chef's Choice seasoning**, 2 ½ tablespoons (½ cup) of **olive oil**, and **balsamic vinegar** as desired (up to ½ bottle for 2 person and 1 bottle for 4 person). Mix well and set aside.



4 Refresh the **parmesan cheese** with 2 teaspoons (1 ½ tablespoons) of **water** in a small container with a lid. Tumble and set aside. Allow to soften by tumbling every few minutes.



5 Measure out 1 ¼ (2 ¼) cups of **water**. In a medium sauté pan, add 1 (2) tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10–30 seconds). Add water, **veggie mix**, **onion slices**, and **seasoning blend** and bring to a simmer. Simmer 2–3 minutes or until nearly all liquid has evaporated. Sauté for an additional 2 minutes.



6 Top spinach and quinoa with vegetable sauté and parmesan cheese, or mix together and enjoy!



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Nutrition Facts

3 servings per container

Serving size **1 cup (56g)**

Amount per serving

Calories **200**

% Daily Value*

Total Fat 4.5g **6%**

 Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**
Sodium 810mg **35%**
Total Carbohydrate 31g **11%**

 Dietary Fiber 5g **18%**

Total Sugars 6g

 Includes 0g Added Sugars **0%**
Protein 9g

Vit. D 0mcg 0% • Calcium 161mg 10%

Iron 3mg 15% • Potas. 522mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FREEZE DRIED COOKED QUINOA*, PARMESAN CHEESE* (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (TO PREVENT CAKING)), TOMATO POWDER, BALSAMIC VINEGAR, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), DEHYDRATED GARLIC, ONION*, SPINACH*, BROCCOLI*, ZUCCHINI*, RED BELL PEPPERS*, TOMATOES*, ASPARAGUS*, BASIL*.

*FREEZE DRIED

CONTAINS: MILK

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