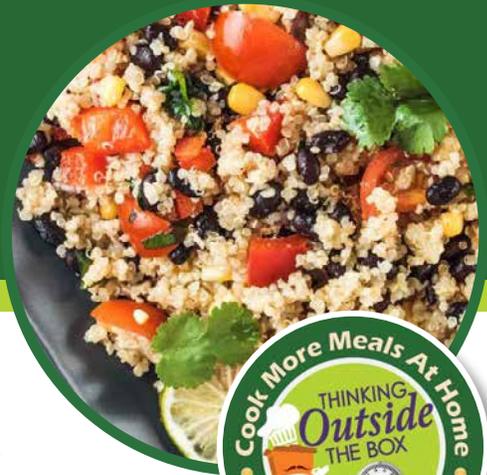


THINKING OUTSIDE THE BOX

QUINOA PROTEIN BOWL



“Mise en place” means ‘putting in place’ which is a culinary concept that refers to prepping ingredients before you start your shift in a commercial kitchen or similar. When making meals, having vegetables already chopped saves a lot of time. In cooking at home, you can apply this concept by chopping vegetables the night before you need them or dedicate an hour during the weekend to prep vegetables or with this meal, double the quinoa so you can use it in the next night’s meal or for lunches.

Part of meal planning includes ensuring your meal is nutritionally balanced. If making a meatless meal you can turn to plant proteins. Quinoa is whole grain and a good source of both fiber and protein. What makes this grain so unique is it is considered a complete protein because it contains all the essential amino acids just like animal proteins. The black bean, because they are legumes, in this dish added additional fiber and protein. This meal is packed with both fiber and protein, helping most get on their way for meeting their needs for both key nutrients.

Recommended daily intake for protein varies based on overall health and wellness goals, current health state, activity level, age, and overall body weight. However, for most American adults, consuming a variety of foods from all food groups leads to meeting overall protein intake needs. For those that are body building, endurance athletes and those choosing a vegetarian or vegan diet, it is best to work with your medical provider to determine your minimum needs.

Most Americans do not meet the recommended intake for fiber, which is for adult women is at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day. Whole wheat/grain foods, legumes, and fruits and vegetables are the best sources of fiber. Studies show that consuming adequate amounts of fiber will may assist with weight loss and decreasing the risk of certain chronic diseases such as heart disease and various forms of cancer.

In your meal planning and preparation this week keep fiber and protein amounts in mind. Mise en place. Cut up some fruits and vegetables and have as snacks and make a batch of salad greens mixed with a variety of vegetables for lunch time salads. Challenge yourself and create another meal that relies on plant-based protein for your main source.

DIETITIAN TIP

Making half your plates fruits and vegetables for most meals and choosing whole grains products most of the time is a great strategy to increase your fiber intake, which will help you feel full longer. Most food groups have some protein in them, except for fruit. Use a variety of the food groups to meet your protein goals.

MACROS / SERVING SIZE:

Protein 16 g | Fat 17 g | Carbs 70 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 476 | Protein 12 % | Fat 31 % | Carbs 56 %

NUTRIENT / SERVING SIZE:

Fiber 14 g | Sodium 288 mg | Sat. Fat 2 g

INGREDIENTS (Serves 4)

- 1 cup quinoa
- 4 oz. green chilies
- ¼ cup olive oil
- Juice from 2 limes
- 2 garlic cloves, minced
- 2 tsp. chili powder
- ½ tsp. salt
- 1 15 oz. can of low-sodium whole corn, drained
- 1 15-16 oz. can black beans, drained and rinsed
- 1 medium red onion, sliced very thin
- 12 cherry tomatoes, halved
- ¼ cup of fresh cilantro, chopped

DIRECTIONS:

1. Bring the quinoa and water to a boil in a medium-sized pan. Let it boil for one minute while stirring constantly. Turn the heat to low, cover and let the quinoa continue to cook until the water is absorbed - for about 12-15 minutes. Remove from the heat and let it cool.
2. While the quinoa is cooking, prepare the dressing by draining the green chili juice into a large mixing bowl. Cut up the green chilies and add them to the mixing bowl along with the olive oil, lime juice, garlic, chili powder and salt. Whisk the dressing together.
3. In a large bowl, add the beans, onions, tomatoes, corn and toss gently. Add the dressing and stir gently to combine.
4. Once the quinoa has cooled (warm to touch, not hot), gently mix it and the chopped cilantro into the large bowl with the beans and corn.



A LIST OF RECIPES ON [COMMISSARIES.COM/HEALTHY LIVING](https://www.commissaries.com/healthy-living) ALSO HAS NUTRITION EDUCATION.