

# Beans, Greens, and Grains

Serves 3



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



## Ingredients

- 3 cups cooked quinoa
- 1 ½ cups cooked black beans (or 15 oz. can, rinsed and drained)
- 1 pound broccoli, cut into florets
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ cup salsa
- 1 cup tomatoes, chopped
- 1 medium avocado, diced

Optional toppings:

- Guacamole, lettuce, sour cream or plain Greek yogurt, cheese

## Directions

1. Preheat oven to 400°F.
2. Toss broccoli with olive oil and salt and spread into one layer on a baking sheet. Bake for 15-20 minutes, stirring halfway, until broccoli is just tender and lightly browned.
3. In a bowl or storage container, place 1 cup quinoa, ½ cup beans, and 1/3 of the broccoli. Top with tomatoes, salsa, avocado, and any optional toppings. Repeat with remaining ingredients.

## Notes

Other Ideas:

- Grains: brown rice, buckwheat, barley, or a vegetable such as corn or roasted potatoes
- Greens, or other vegetables: cauliflower, mushrooms, bell pepper, onion, etc. Roast w/spices.
- Beans or other protein: white beans, chickpeas, lentils, baked tofu or tempeh

Mediterranean Variation:

- Make a Mediterranean version with any of the following: cucumber, tomato, chickpeas, hummus, tahini sauce, olives, feta cheese.

Recipe from [“Make Ahead Meals” cooking class, Spring 2019](#)