

Quinoa and Spinach Power Bowl

This nutrient-packed power bowl combines quinoa, spinach, and avocado for optimal nutrient absorption. The healthy fats from avocado enhance the absorption of fat-soluble vitamins from leafy greens.


20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup fresh spinach
- 1/2 ripe avocado
- 1/4 cup cherry tomatoes, halved
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste

Steps

- 1 Rinse the quinoa under cold water and cook it according to package instructions (typically 1 cup water to 1/2 cup quinoa).
- 2 In the last 2 minutes of cooking, add the fresh spinach to the pot to wilt.
- 3 Once cooked, fluff the quinoa and spinach with a fork, and transfer to a bowl.
- 4 Slice the avocado and arrange it on top of the quinoa and spinach.
- 5 Add the halved cherry tomatoes.
- 6 Drizzle with olive oil and lemon juice, then season with salt and pepper to taste.
- 7 Serve immediately and enjoy your nutritious meal!