

Quinoa and Spinach Power Bowl

This nutrient-packed quinoa and spinach power bowl is perfect for a light yet satisfying meal. Rich in protein and fiber, it's designed to fuel your day while keeping your dietary goals in check.


20 min

Total time

easy

Difficulty

400

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup fresh spinach
- 1/4 cup cherry tomatoes, halved
- 1/4 avocado, sliced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Optional: a sprinkle of feta cheese

Steps

- 1 Rinse the quinoa under cold water and cook it according to package instructions (typically 15 minutes in 1 cup of water).
- 2 In a pan, heat olive oil over medium heat and add the fresh spinach.
- 3 Sauté the spinach until wilted (about 2-3 minutes).
- 4 In a bowl, combine cooked quinoa, sautéed spinach, cherry tomatoes, and avocado.
- 5 Drizzle with lemon juice, season with salt and pepper, and toss gently.
- 6 If desired, sprinkle feta cheese on top before serving.