



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## ECO-JOURNAL

October 2024

### Harvest Vegetable Quinoa Bowl.

This Harvest Vegetable Quinoa Bowl is a warm, hearty fall dish featuring roasted sweet potatoes, Brussels sprouts, and quinoa. It's packed with nutrients, gluten-free, and vegetarian, making it a wholesome and delicious meal. Simple to prepare, it's perfect for a cozy, healthy autumn dinner!

#### Ingredients:

- 1 cup organic quinoa
- 2 cups water or vegetable broth
- 1 medium organic sweet potato, peeled and diced
- 1 cup organic Brussels sprouts, halved
- 1 organic zucchini, diced
- 1 organic red bell pepper, diced
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1/2 tsp cinnamon
- 1/4 cup organic pumpkin seeds
- 1/4 cup organic dried cranberries (optional)
- Salt and pepper to taste
- Fresh parsley for garnish



514-332-4320



bureau@aseq-ehaq.ca  
office@aseq-ehaq.ca



## **Instructions:**

### **1. Cook the Quinoa:**

- Rinse quinoa under cold water.
- In a medium saucepan, bring 2 cups of water or vegetable broth to a boil.
- Add the quinoa, lower heat, and cover. Simmer for about 15 minutes or until all the liquid is absorbed. Fluff with a fork and set aside.

### **2. Roast the Vegetables:**

- Preheat your oven to 400°F (200°C).
- On a baking sheet, toss the diced sweet potato, Brussels sprouts, zucchini, and red bell pepper with olive oil, garlic powder, thyme, cinnamon, salt, and pepper.
- Spread the vegetables in a single layer and roast for 20-25 minutes, flipping halfway, until tender and slightly caramelized.

### **3. Assemble the Bowl:**

- In a bowl, layer the cooked quinoa, roasted vegetables, pumpkin seeds, and dried cranberries (if using).
- Garnish with fresh parsley and drizzle with a bit of olive oil if desired.

### **4. Serve:**

- Enjoy your fall-inspired quinoa bowl warm!

This recipe is packed with fiber, vitamins, and antioxidants, making it a perfect, nutritious meal for chilly fall evenings.