



Nutrition Information Per Serving:

Calories: 502
Protein: 35 g
Carbohydrates: 59 g
Fat: 10 g
Fiber: 23 g

PREP TIME 10 mins	COOK TIME 0 mins	TOTAL TIME 10 mins	RECIPE MAKES 1 serving
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They say you should “eat the rainbow” in order to maximize your nutrition, so we thought we’d put the rainbow in a bowl! This recipe comes together in only a few minutes, tastes delicious, and is packed with 35 grams of protein.

INGREDIENTS

- 1 cup Cooked Quinoa
- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese
- ¼ cup Shelled edamame
- ¼ cup Carrots, shredded
- ¼ cup Cherry tomatoes, halved
- ¼ cup Cooked beets, cooled and diced
- ¼ cup Red cabbage, shredded
- ⅛ cup Frozen corn, thawed (or fresh corn, sauteed)
- Salt and pepper to taste

INSTRUCTIONS

- 1) In a medium-sized bowl, add quinoa.
- 2) In order, place the rest of the ingredients in sections around the outer edges of the bowl.
- 3) Sprinkle with salt and pepper.
- 4) Enjoy immediately!