

# Grilled Vegetable Beach Bowl

14 ingredients · 30 minutes · 4 servings



## Directions

1. Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side.
3. While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper, garlic, apple cider vinegar and oregano in your blender or food processor. Add ½ cup warm water and blend until smooth.
4. Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
5. Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!

## Notes

### No Grill

Roast vegetables in the oven at 425°F (218°C) for 20 to 30 minutes.

## Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Red Bell Pepper (sliced into quarters)
- 1 Zucchini (sliced into quarters)
- 1/3 cup Sun Dried Tomatoes
- 4 cups Kale Leaves (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Oregano
- 1 Avocado (peeled and sliced)
- 1 cup Alfalfa Sprouts

