

# Summer Veggie Quinoa Bowl

Prep Time: 10 minutes  
Cook Time: 6 minutes  
Total Time: 16 minutes

Yield: 6 servings  
Calories per serving: 275  
Fat per serving: 10.6g

## Ingredients

- 2 cups cooked quinoa
- 1 cup garbanzo beans, drained
- 1 cup cherry tomatoes, halved
- ½ cup fresh basil, torn
- 3 tablespoons fresh lemon juice
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- Olive oil spray
- 1 teaspoon minced garlic
- 1 cup chopped zucchini
- 1 cup chopped summer squash
- 1 tablespoon extra virgin olive oil
- ¼ cup pine nuts, toasted
- 1 ounce fresh Parmesan cheese, shaved (optional)

## Instructions

1. In a large bowl combine quinoa, garbanzo beans, cherry tomatoes, basil, lemon juice, sea salt and pepper.
2. Spray a skillet well with olive oil and heat to medium high. Add zucchini and summer squash and cook for 4 to 6 minutes, stirring occasionally. Add to the quinoa mixture along with the olive oil and toss well. Top with pine nuts and Parmesan cheese.

## Notes

Servings 6, Calories 275, Fat 10.6g, Carbohydrates 35.4g, Protein 12g, Cholesterol 3mg, Sodium 370mg, Fiber 8.2g, Sugars 4.9g

<http://www.cookingquinoa.net/summer-veggie-quinoa-bowl>