Tropical Power Bowl

Crumbled green pea & green banana mix sauteed with bell peppers and corn, served over a bed of quinoa with diced mango, avocado, and a lime-cilantro dressing.

Recipe



Difficulty: ●○○○○
Portions: 4
Prep Time: 20 minutes

Ingredients:

- 1 cup dry quinoa
- 2 cups water or vegetable broth
- 2 tbsp olive oil
- 2 cups (approx. 8 oz) Green Garden Delight Veggburgs
- 1 red bell pepper, dice
- 1 yellow bell pepper, diced
- 1 cup corn kernels (fresh or frozen)
- 2 ripe mangoes, diced
- 2 large avocados, diced

For Lime-Cilantro Dressing:

- 1/4 cup fresh lime juice
- 1/4 cup chopped fresh cilantro
- 2 tbsp olive oil
- 1 tbsp maple syrup or agave nectar
- Salt and black pepper to taste



Lets Cook!

Cook Quinoa:
Rinse quinoa. Combine with water/broth in a saucepan. Bring to a boil, reduce heat, cover, and simmer 15 minutes. Fluff.

Saute Crumble & Veggies:
Heat olive oil in skillet. Add Green Garden Delight Veggburgs and cook 5-7 minutes. Add bell peppers and corn; sauté 5-7 minutes.

Prepare Dressing:
Whisk all dressing ingredients in a small bowl.

Assemble Bowls:
Divide quinoa, crumble/veggie mix, mango, and avocado among 4 bowls.

Serve: Drizzle generously with dressing!

Pro Tip:

For extra vibrant bell peppers, blanch them quickly in boiling water for 1 minute before dicing. This enhances their color without overcooking.

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Cook It With:
Green Garden Delight
Green Peas & Green Plantain

