

Recipe of the Month: Spring Roasted Vegetable & Quinoa Bowl

This vibrant bowl brings together the best of spring produce with a simple, satisfying base, it is perfect as a light dinner or a make-ahead lunch.

Ingredients

- 1 cup quinoa
- 2 cups vegetable broth (or water)
- 1 bunch asparagus (trimmed, cut into 2-inch pieces)
- 1 cup carrots (sliced)
- 1 cup snap peas or peas
- 1 zucchini (sliced)
- 2 tbsp olive oil
- Salt & pepper



For the Lemon Dressing:

- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp honey (optional)
- Salt & pepper

Instructions

1. Cook quinoa in broth according to package directions; fluff and set aside.
2. Toss vegetables with olive oil, salt, and pepper.
3. Roast at 400°F for 20–25 minutes until tender and slightly caramelized.
4. Whisk together dressing ingredients.
5. Assemble bowls with quinoa, roasted vegetables, and drizzle with lemon dressing.

Optional Add-Ons

- Crumbled feta or goat cheese
- Chickpeas for added protein
- Fresh herbs like parsley or dill

Efficiency isn't just for boiler rooms. This dish gets maximum flavor out of simple, seasonal ingredients with minimal waste!