

POWER BOWL



Yield

12 portions

Portion Size

1 bowl

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INGREDIENTS:

Gardein® Chick'n Strips
Parsnips, 1-inch pieces
Carrots, 1-inch pieces
Fresh Brussels sprouts, halved lengthwise
Fresh broccoli, trimmed, small florets
Vegetable oil
Kosher salt, divided
Cracked black pepper
Tri-colored quinoa, uncooked
Water
Loosely packed kale leaves
Cashews
Garlic
Chopped shallots
Vegetable oil
Chopped parsley

MEASURE:

2 lbs
1 lb
1 lb
1 lb
1 lb
1/4 tbsp
3-1/2 tsp
1/2 tsp
2 cups
1 quart
3 cups
1/4 cup
2 cloves
2 tbsp
2 tbsp
1/4 cup

DIRECTIONS

1. Preheat oven to 400°F.
2. Toss the vegetables in vegetable oil, 1 teaspoon salt and pepper. Roast vegetables on a foil-lined sheet pan about 15 minutes until the carrots are tender, turning half way through.
3. Boil 1-quart of water and season with 1 teaspoon salt. Cook quinoa in boiling water about 10 minutes, until tender; strain and set aside
4. For the pesto: Blend kale, cashews, 1/2 teaspoon salt, garlic and shallots in a food processor until smooth, set aside.
5. Heat 2 tablespoons vegetable oil in a large sauté pan over medium heat. Season the chick'n strips with 1 teaspoon salt and sauté according to package directions.
6. Build bowls with the quinoa, roasted vegetables and chick'n. Drizzle the kale pesto over the top.