

Brussels and Quinoa Bowl with Lemon-Thyme Vinaigrette

333 Calories – 2 Serving – 35 minutes

Ingredients:

½ cup uncooked tricolor quinoa
3/8 tsp. salt, divided
2 Tbsp. fresh lemon juice
1 Tbsp. apple-cider vinegar
1 Tbsp. extra-virgin olive oil, divided
½ Tbsp. honey
½ tsp. Dijon mustard
¼ tsp. thyme
6 oz. Brussels sprouts, trimmed and halved
1 c. chopped romaine
¾ oz. feta cheese, crumbled (can substitute goat cheese), about 3 Tbsp.

Instructions:

1. Cook quinoa in water according to package instructions. Add 1/8 tsp. salt, stir to combine. Set aside
2. Whisk together lemon juice, ½ Tbsp. oil, honey, mustard, thyme and 1/8 tsp. salt in a small bowl
3. Heat remaining ½ Tbsp. oil in a large nonstick skillet over medium-high heat. Add Brussels sprouts; cook, stirring often, until browned and crisp, 8-10 minutes. Sprinkle with remaining 1/8 tsp. salt
4. Place ½ c. quinoa in each of 2 bowls. Top each with ½ c. romaine and 2/3 c. Brussels sprouts. Drizzle each with 2 Tbsp. lemon-thyme vinaigrette; sprinkle evenly with cheese.

