

Roasted Blueberry Quinoa Breakfast Bowls

★★★★★

COURSE: Breakfast, Breakfast/Brunch

CUISINE: Canadian KEYWORD: Cooking with Quinoa

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES SERVINGS: 6

CALORIES: 287KCAL AUTHOR: Gloria Duggan | Homemade & Yummy



Roasted Blueberry Quinoa Breakfast Bowls are a healthy, nutritious and totally delicious way to get your morning stare

INGREDIENTS

FOR THE ROASTED BLUEBERRIES

- 2 pounds fresh blueberries
- 1 tablespoons sugar (I used cinnamon flavoured sugar)

FOR THE QUINOA

- 1 1/2 cups uncooked Quinoa
- 1 1/2 cups water
- 1 1/2 cups milk (I used full fat milk)
- 1 1/2 teaspoons chai seasoning (optional)

INSTRUCTIONS

FOR THE ROASTED BLUEBERRIES

1. Wash and clean blueberries (removing any stems) and let dry slightly on a kitchen towel.
2. Heat the oven to 400° F.
3. Place clean berries in a heat proof baking dish.
4. Add the sugar, and give them a stir.
5. Bake in oven for about 12 minutes, stirring several times.
6. Berries are done when the berries are just about ready to burst open.

FOR THE QUINOA

1. Cook according to package directions.
2. I used 1/2 milk and 1/2 water, and added some chai seasoning (optional).
3. Place quinoa in serving bowls, and top with berries.
4. ENJOY!!

NOTES

We found the berries to be sweet enough, but if you need more sweetness in your breakfast bowl, add some maple syrup or honey.



Tried this recipe?

Snap a photo and tag me on Instagram @homemadeandyummy

NUTRITION

Calories: 287kcal | Carbohydrates: 54g | Protein: 9g | Fat: 5g | Saturated Fat: 1g |

Cholesterol: 6mg | Sodium: 33mg | Potassium: 436mg | Fiber: 6g | Sugar: 20g |

Vitamin A: 180IU | Vitamin C: 14.7mg | Calcium: 100mg | Iron: 2.4mg

Nutritional information on this site is generated via a plugin. I am not responsible for the accuracy of the plugin information.

Quinoa Tabbouleh

★★★★★ 4.8 from 4 reviews

Prep Time: 10 minutes Cook Time: 20 minutes Yield: 6 to 8 servings 1x

Quinoa tabbouleh is always a hit, starring lemon and fresh herbs! This spin on the classic Middle Eastern salad is an easy healthy side dish.

Ingredients

1x2x3x

- 1 cup dry quinoa
- 2 cup finely chopped curly parsley (2 bunches)
- 1/4 cup chopped fresh mint
- 3 green onions
- 2 medium tomatoes, seeded and finely chopped (1 cup)
- 1/2 English cucumber (1 cup finely chopped)
- 6 tablespoon lemon juice
- 1/4 cup olive oil
- 1/2 teaspoon kosher salt
- Fresh ground black pepper

Cook Mode Prevent your screen from going dark

Instructions

- 1. Make the quinoa:** Rinse the quinoa using a fine mesh strainer, then drain it completely. Place it in a saucepan with 2 cups water and 1/4 teaspoon kosher salt. Bring to a boil, then reduce the heat to low. Cover the pot and simmer where the water is just bubbling for about 17 to 20 minutes, until the water has been completely absorbed. (Check by pulling back the quinoa with a fork to see if water remains.) Turn off the heat and let sit with the lid on to steam for 5 minutes, then fluff the quinoa with a fork.

2. **Cool the quinoa to room temperature:** To do this quickly, dump the quinoa onto a baking sheet and spread it in an even layer. Pop it in the freezer for 2 to 3 minutes until cooled to room temperature. Or, you can make the quinoa in advance and let it sit at room temp or refrigerate until serving (it cools fastest spread on a baking sheet).
3. **Meanwhile, chop the vegetables:** Finely chop the parsley and mint. Thinly slice the green onions. Finely chop the tomato, removing the core and seeds. Finely chop the cucumber (if you're using a standard cucumber and not English cucumber, remove the seeds too.)
4. **Add the dressing:** Juice the lemon and whisk it together with the olive oil. In a large bowl, toss the quinoa and vegetables with the dressing, kosher salt and pepper. Taste and adjust flavors as necessary. Serve immediately or refrigerate for 3 to 4 days.

Notes

Leftover note: You can also freeze this recipe. Assemble the tabbouleh without the cucumber and tomatoes and freeze it for up to 3 months. Defrost, then add fresh cucumber and tomato before serving; taste and adjust the salt as desired.

nutrition facts

Serves 8

Calories Per Serving: **150**

				% DAILY VALUE		
Total Fat 8.5g	11%	Saturated Fat 1.2g	Total Carbohydrate 16.2g	6%	Dietary Fiber 2.3g	8%
Sugars 0.8g		Protein 3.6g	Vitamin A 71.5µg	8%	Vitamin C 25.9mg	29%
Calcium 35.6mg	3%	Iron 2mg	Vitamin D 0µg	0%	Magnesium 52.6mg	13%
Potassium 249.9mg	5%	Vitamin B6 0.1mg	Vitamin B12 0µg	0%		

Find it online: <https://www.acouplecooks.com/quinoa-tabbouleh/>