

## Bean and quinoa power bowl

Yields 4 servings

1 cup cooked quinoa  
1 cup cooked brown rice  
1 cup red kidney beans  
1/2 cup chopped parsley  
1/2 cup roasted sunflower seeds  
4oz goat cheese, crumbled  
2 tbsp. olive oil  
1 medium green apple, chopped  
3 tbsp. lemon juice  
Salt and pepper to taste



Toss all ingredients in a bowl and mix well. Season to taste.

Serve alone or atop bed of spinach or mixed greens.

Modifications: omit goat cheese for a vegan version. Substitute chopped grapes, pears, or strawberries for apple.



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