

Vegan Superfood Grain Bowls (Serves 4)

Ingredients:

- 1 (8 ounce) pouch microwavable quinoa
- ½ cup hummus
- 2 tablespoons lemon juice
- 1 (5 ounce) package baby kale
- 1 (8 ounce) package refrigerated cooked whole baby beets, sliced (or 2 cups from salad bar)
- 1 cup frozen shelled edamame, thawed
- 1 medium avocado, sliced
- ¼ cup unsalted toasted sunflower seeds

Directions:

Prepare quinoa according to package directions; set aside to cool.

Combine hummus and lemon juice in a small bowl. Thin with water to desired dressing consistency. Divide the dressing among 4 small condiment containers with lids and refrigerate. Divide baby kale among 4 single-serving containers with lids. Top each with 1/2 cup of the quinoa, 1/2 cup beets, 1/4 cup edamame



and 1 tablespoon sunflower seeds. When ready to eat, top with 1/4 avocado and the hummus dressing.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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