



PESTO-QUINOA BOWL

[vegan + gluten-free + nut-free]

Recipe by Sarah Ohana

Ingredients:

1 cup quinoa
2 cups water
1 summer squash
olive oil
salt
pepper
1 avocado

[Mixed Greens Pesto](#)

Pickled red onions:

¼ cup red wine vinegar
¼ cup cold water
1 ½ tsp granulated sugar
1 TBSP Kosher salt
1 red onion, thinly sliced

Instructions:

1. **Quinoa:** Add together 1 cup of quinoa, 2 cups of water, and a dash of salt into a small pot. Bring to a boil, then cover pot and reduce heat to low. Let simmer for 15 minutes.
2. **Squash:** Cut Squash into spears and drizzle with olive oil, salt, and pepper. Roast on 425° F for 20-30 minutes until desired tenderness is reached (we like it slightly charred).
3. **Pickled Red Onions:** Mix all ingredients from above in covered bowl/container. Let sit for at least 1 hour but preferably overnight. Will keep well in the fridge for a few weeks. (Recipe from [Smitten Kitchen](#)).
4. Add it all into a bowl and enjoy this hearty and healthy meal!