

MINDFUL MEAL PREP

Serves: 5 • Serving size: 1 bowl

40
minutes

PREP TIME: 15 minutes
COOK TIME: 25 minutes

QUINOA Powerhouse

1½ cup white quinoa, rinsed
3 cups water
12 oz./350 g fresh broccoli florets
2½ cups sweet potatoes, cut into bite size cubes
½ onion, chopped
1 – 15 oz./425 g can black beans, drained and rinsed
2 sliced avocados
¼ cup olive oil
Salt and pepper to taste

1. In base of Tupperware® Smart Multi-Cooker add quinoa and water, place in microwave and cook at full power for 15 minutes. Transfer quinoa to bowl.
2. Add broccoli to shielded colander tray, add water to maximum steam line, cover and microwave for 10 minutes.
3. Let broccoli cool for 5 minutes and transfer to bowl.
4. Add sweet potatoes to shielded colander, add water to maximum steam line, cover and cook in microwave for 10 minutes. Let cool 5 minutes.
5. To assemble, arrange 5 bowls, add ¾-cup quinoa to each bowl, ¾-cup broccoli, ½-cup sweet potatoes, 2 tbsp. red onion, and ½-cup beans, sliced avocados. Drizzle each with olive oil and sprinkle with salt and pepper to taste.

Nutritional Information (per serving):

Calories: 470 Total Fat: 17g Saturated Fat: 2g Cholesterol: 0mg Sodium: 370mg
Carbohydrates: 68g Fiber: 12g Sugar: 8g Protein: 16g Vitamin D: 0% Calcium: 10%
Iron: 30% Potassium: 12%

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Tupperware®



TO DEMO



Smart MultiCooker

OPTIONAL



Universal
Series Chef
Knife



Measuring
Cups



Thatsa® Bowl



Vertical
Peeler



FridgeSmart
Small Deep



Vent 'N Serve®
Round Divided Dish