



SPEEDY NUTRIENT PACKED POWER QUINOA & GREENS

MACROS | SERVING SIZE

Protein 38g | Fat 12g* | Carbs 50g

% CALORIES OF MACROS | SERVING SIZE

Calories 461 | Protein 33% | Fat 24% | Carbs 43%

NUTRIENTS | SERVING SIZE

Fiber 11g | Sodium 873mg | Sat. Fat 3g

INGREDIENTS (SERVES 4)

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|--|--|
| 1 cup dry quinoa | 12 oz bag frozen collards |
| 2 cups water | 2 tsp. hot sauce |
| 1 tbsp. canola oil | 1 tsp. onion powder |
| 16 oz. ground beef, 95% lean | ½ tsp. salt |
| 1 10 oz. can tomatos with diced green chilis | ½ tsp. garlic powder |
| 1 15.5 oz. can kidney beans (low sodium) | 4 oz. shredded cheddar cheese (optional) |

DIRECTIONS

Gently rinse the quinoa using a colander with wholes tight enough together to prevent quinoa from slipping through. (This step is optional and may reduce a possible bitter taste of some varieties of quinoa).

In a large skillet, bring the canola oil to temperature over medium-low heat. Add the quinoa and stir constantly to prevent burning, after about 3-5 minutes, the quinoa will turn golden. (This step is optional and adds a bit of nutty flavor).

Bring the quinoa and water to a boil in a medium sized pot. Stir, add 1 tsp. of the hot sauce, cover and turn heat to low. Let the quinoa sit until the liquid is absorbed (about 15 minutes). Remove lid and fluff.

Pour the collards, remaining hot sauce and canned tomatoes in a microwave safe dish. Cook 8 minutes.

Meanwhile cook the burger, drain the grease. Add the remaining spices and drained kidney beans. Add the collards and tomatoes to the burger to heat through and mix.

Fluff the quinoa and place 1/4 th in a bowl and top with 1/4 th each of the burger mixture and cheese (optional).

TIP: The dish will turn out just fine by starting at step 3.

DIETITIAN TIP

Aim for at least 4 different colors of fruits and vegetables per day.

Most define "diet", as some type of restriction to lose weight, or prescribed way one should eat to manage a medical condition such as diabetes, high blood pressure, heart disease, etc. The actual definition of "diet" is truly what one eats to nourish oneself. It is unfortunate that the term for many means "restriction" rather than plentiful opportunity to build a healthy eating pattern that includes "indulgences".

The Dietary Guidelines for Americans promotes an eating pattern (diet), that not only includes foods from all food groups (fruits, vegetables, grains, dairy and lean protein foods), but also to consume a variety of foods within each food group. Variety is truly important because each food group supplies different micro and macro nutrients that the body needs while foods within each group are considered good and great sources especially for vitamins, minerals, and other important substances such as polyphenols. For example, vegetables are grouped in to 5 subgroups: dark green, red and orange, starchy, legumes and beans. A winning strategy to increase the nutrient quality of any diet, is to increase the number of vegetables consumed and aiming to at least 5-6 servings while at the same time eating 2 servings of fruits. Aim to for at least 4 different colors daily of produce, and assess that every 2-3 days, intake represents all the colors of the rainbow.

Another food group "lean protein foods". This group includes meats, fish and seafood and numerous plant-based protein. Aim to consume at least 2 different types of proteins from this group per day along with including at least two servings of fish or seafood per week. For those that are not vegan or vegetarian, try for 1 meatless day or 3 meatless meals per week using plant-based proteins.

This meal includes all food groups and varies the types of food within each food group and is a great start for assessing and practicing variety. Give this recipe a try and then the next time vary the veggies, proteins, and even grains to your liking.

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