



## Grilled Veggie & Quinoa Bowls

**Prep: 20 minutes plus marinating**

**Grill: 10 minutes • Serves: 4**

- 3 green onions, ends trimmed
- 2 Roma tomatoes, halved lengthwise
- 1 ear sweet corn
- 1 medium Enjora pepper, halved lengthwise and seeded
- 2 cups halved radishes
- 1¼ cups **PICS Southwest marinade**
- 1 small avocado, peeled and pitted
- 2 tablespoons **PICS plain nonfat Greek yogurt**
- 2 packages (8.8 ounces each) ready to serve organic red & white quinoa
- ¼ cup roasted salted sunflower seeds

**1.** Place onions, tomatoes, corn, pepper and radishes in large zip-top plastic bag; pour 1 cup marinade over vegetables. Seal bag, pressing out excess air; gently massage and refrigerate at least 30 minutes or up to 1 hour.

**2.** In medium bowl, mash avocado with back of fork; whisk in yogurt and remaining ¼ cup marinade; cover and refrigerate.

**3.** Prepare outdoor grill for direct grilling over medium-high heat. Remove vegetables from marinade; discard marinade. Place vegetables on hot grill rack; cover and cook onions and tomatoes 5 minutes, and corn, pepper and radishes 10 minutes or until grill marks appear, turning once. Transfer vegetables to cutting board. Cut onions, tomatoes and pepper into 1-inch pieces; cut corn kernels from cob.

**4.** Prepare quinoa as label directs; divide into 4 bowls. Top quinoa with vegetables and avocado mixture; sprinkle with sunflower seeds.

*Approximate nutritional values per serving:*

*436 Calories, 24g Fat (2g Saturated), 0mg Cholesterol,  
785mg Sodium, 55g Carbohydrates, 14g Fiber, 11g Protein*

### *Chef Tips*

Omit the yogurt for a plant-based dish.

Make it your own by swapping the quinoa with another protein-packed grain such as bulgur, couscous or oats (yes, they're not just for breakfast!).