

Tuscan Sun-dried Tomato & Garlic Quinoa & Rice Bowl RECIPE

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TIME

10 Minutes

INGREDIENTS

8 items

MAKES

4 servings

Enjoy the savory flavors of sun-dried tomatoes and garlic paired with chicken sausage, parmesan cheese, and basil. This crowd pleasing one-pan meal is super fast and packed with the goodness of whole grains, quinoa, and kale.

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INGREDIENTS

- 1 Tbsp olive oil
- 1 link fully cooked chicken sausage

- 2 Tbsp water
- 2 pouches Ben's Original Quinoa & Brown Rice with Garlic
- 8 oz baby kale
- 1/2 cup sun-dried tomatoes, chopped
- 2 Tbsp parmesan cheese (optional)
- 1 Tbsp fresh basil, torn (optional)

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Whole Grain Medley Quinoa & Brown Rice

SEE DETAILS

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INSTRUCTIONS

1. 1

Heat oil in a large skillet over medium heat. Add sausage and cook to brown, about 3 minutes.

2. 2

Massage pouches of rice to loosen grains and add to skillet with baby kale, sun-dried tomatoes, and 2 Tbsp. of water. Stir and cook for 3 minutes more, until kale is wilted, and rice is heated.

3. 3

Divide between bowls and serve topped with parmesan cheese and fresh basil if desired. Enjoy!

NUTRITION

• CALORIES: 260

• TOTAL FAT: 5g - 6%

• TRANS FAT: 0g

• SODIUM: 600mg - 26%

• TOTAL CARBOHYDRATES: 44g - 16%

• DIETARY FIBER: 3g - 11%

• TOTAL SUGARS: 4g

• PROTEIN: 13g

Categories:

Family-Friendly, Global Inspired, Healthy Options, Quick/Easy Meals (UNDER 30M), Chicken/Turkey

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