

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

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



<?xml version="1.0"?>

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

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## INSTRUCTIONS

- 1  
Heat oil in a large skillet over medium heat. Add sausage and cook to brown, about 3 minutes.
- 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  
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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