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Bright Quinoa & Broccoli Bowl

INGREDIENTS:
- 1 pint grape tomatoes
- 1 head broccoli
- 1 teaspoon extra virgin olive oil
- 2 cloves garlic, minced
- 1 can low-sodium chickpeas
- 1 Cup uncooked quinoa
- 2 Cups low-sodium or no-sodium vegetable broth
- 2 avocados, pitted and diced into cubes

Makes 4 servings.
Directions:

1. Wash tomatoes and cut in half. Wash broccoli and cut into bite-sized pieces.

2. Rinse the quinoa well in a fine mesh sieve and drain. In a medium saucepan over medium heat, combine the quinoa and broth. Bring to a boil, reduce heat to a simmer, and cover. Cook until tender and fluffy. Remove from heat and set aside.

3. In a skillet over medium heat, combine olive oil, garlic, and broccoli. Sauté for about 5 minutes, until broccoli is just tender.

4. Drain and rinse beans. If you are unable to find low-sodium beans, rinse a second time to remove the sodium. Add the rinsed beans to the skillet, and sauté for 2 minutes more. Set skillet mixture aside.

5. To serve, divide evenly among 4 bowls the quinoa, tomatoes, avocado, and skillet mixture. Enjoy!