

Quinoa, Potato, Eggplant, Roasted Peppers, Honey Mustard

Serving Size: ½ cup

Makes 5 servings

Ingredients:

as needed cooking spray
2 each red peppers
½ cup eggplant, diced
4 oz red bliss potatoes, quartered
¾ tsp canola oil
¾ tsp rosemary, fresh, minced
⅓ cup red quinoa, dry
¾ cup water
1 TBSP parsley, fresh, chopped
¼ cup yellow bell peppers, diced
½ cup honey mustard dressing

Preparation:

1. Preheat oven to 450°F and spray baking sheet with cooking spray. Roast red pepper for 15-20 minutes or until completely charred. Immediately place peppers into a metal bowl and cover with plastic wrap. Allow peppers to sit for 15 minutes. Scrape and remove charred skin from peppers. Discard pepper stems and seeds. Dice.
2. Switch oven to 425°F. Place diced eggplant on baking sheet. Bake until eggplant starts to turn brown and soften, about 10 minutes. Cool.
3. In a bowl, toss potatoes, oil, and rosemary. Place potatoes on baking sheet. Bake at 425°F about 20 -25 minutes or until golden brown. Cool.
4. Combine quinoa with water. Place over medium-high heat. Bring to a simmer and cover with a tightly fitting lid. Reduce the heat to low and allow to cook for 12-15 minutes until water is absorbed and quinoa is tender. Spread quinoa onto a baking sheet and cool in refrigerator.
5. In a large mixing bowl combined roasted peppers, eggplant, potatoes, quinoa, parsley, bell peppers, and honey mustard dressing. Toss to combine.

NUTRITION FACTS

PER SERVING

calories	180
total fat (g)	8
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	220
total carbohydrate (g)	23
dietary fiber (g)	2
sugar (g)	8
protein (g)	3



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BLOG

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