

# Delicious Big Bowl - Quinoa

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-and-potato-indian-recipe>

## Ingredients:

- 2 cups quinoa white, rinsed well
- 1 cup water
- 1 teaspoon salt
- 3 extra virgin olive oil splashes of
- 3 1/2 potatoes medium/large, cut into 1/2-inch dice
- 1 yellow onions large, chopped
- 1 clove garlic chopped
- 1 cup toasted nuts walnuts, pine nuts, etc
- 1 1/2 cups asparagus lightly cooked, cut into 1/2-inch segments
- 2 olive oil good, or citrus dressing

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 75 grams
3. Fat: 33 grams
4. Fiber: 11 grams
5. Protein: 17 grams
6. SaturatedFat: 4 grams
7. Sodium: 490 milligrams
8. Sugar: 4 grams

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