



**Makes 6 cups quinoa mixture
+ 8 cups grilled veggies**
Preparation Time: 35 minutes
Cook Time: 35 minutes

INGREDIENTS:

1½ cups dry quinoa

1 garlic clove, minced

2 cups fresh green beans, cut
into 1-inch pieces

[1 recipe Homemade Vegan
Pesto](#)

2 ears fresh sweet corn, husks
and silks removed

2 zucchini and/or summer
squash, halved lengthwise and
crosswise

6 roma tomatoes, halved

1 red onion, cut into four thick
slices

½ cup no-salt-added canned
chickpeas, undrained

¼ cup unsweetened, unflavored
plant milk

Sea salt, to taste

Freshly ground black pepper, to
taste

Lemon wedges

Pesto Grain Bowl with Grilled Vegetables

Drizzle these robust quinoa bowls with a homemade vegan pesto sauce that packs a ton of flavor into every bite. Grilled corn, [zucchini](#), yellow squash, and tomatoes add heft to this tasty dish, while a squeeze of fresh lemon juice livens everything up before you dig in. Feel free to swap out the veggies for any other produce you have on hand to completely customize this versatile recipe and make a big batch to portion out into airtight containers. This simple and satisfying grain bowl will quickly become a favorite in your rotation of weekday lunches!

Check out our round up of delicious [grain bowl recipes](#) for more inspiration!

By Nancy Macklin, RDN

- 1 In a large pot combine quinoa, garlic, and 4½ cups water. Bring to boiling; reduce heat. Cover and simmer 15 minutes. Stir in green beans; cook about 5 minutes more or until quinoa is tender. Remove from heat; let stand 5 minutes. Fluff with a fork.
- 2 Meanwhile, in a small bowl stir together 2 tablespoons of the Homemade Vegan Pesto and 2 tablespoons water. Grill corn, squash, tomatoes, and onion over high about 8 minutes or until tender, brushing with pesto mixture and turning as vegetables start to brown. Transfer vegetables to a cutting board. When corn is cool enough to handle, cut kernels off cob. Cut squash and onion into four to six pieces each.
- 3 In a small blender or food processor combine the remaining pesto, the chickpeas, and milk. Cover and blend until smooth and creamy. Season with salt and pepper.
- 4 Spoon quinoa into bowls. Top with grilled vegetables. Serve with pesto sauce and lemon wedges.