

FEBRUARY 2021

# COOKING AS SELF CARE

A Monthly Series by the Massachusetts Councils on Aging

## Bowl O'Goodness

Keep your food and heart safe

Self care includes taking care of your heart by eating foods you enjoy. (Yes, it's possible!) 'Bowls' are one of the latest trends and we'll show you how to make one and how to design your own using a template. Since February is Black History month, you can customize this recipe to follow the African Heritage Diet by swapping out kale for collard greens, squash for yucca and quinoa for millet. No matter how you tweak these, be sure to keep the leftovers safe!



### Observances

Black History - American Heart - Cancer Prevention - Wise Health Consumer

### Seasonal Produce

Grapefruit, orange, mushroom, onion, pear, potato, yam, turnip, squash

### Food Safety

Eat all leftovers within seven days - or sooner!



# Quinoa Bowls with Sweet and Smoky Roasted Vegetables

*serves 4*

## Ingredients

- |  |                            |
|--|----------------------------|
| 16 oz Brussels sprouts, halved                   | 1 tsp smoked paprika       |
| 2 Tbsp olive oil, divided                        | 1 tsp garlic powder        |
| 1 Tbsp adobo sauce                               | 1 cup dry quinoa           |
| 1 Tbsp maple syrup                               | 2 cups broth               |
| 1 tsp kosher salt, divided                       | 2 cups chopped kale        |
| 3 cups cubed butternut squash<br>(about 1 small) | avocado, slices            |
|  | ½ cup honey-dijon dressing |

## Directions

1. Preheat oven to 425°F.
2. On a baking sheet, toss Brussels sprouts with 1 Tbsp oil, adobo sauce, maple syrup, and ½ tsp salt.
3. On a separate baking sheet, toss squash with remaining oil and salt, paprika, and garlic powder.
4. Roast in oven for 20-30 minutes until tender, stirring once halfway through.
5. Combine quinoa and broth in a small saucepan and bring to a boil. Reduce heat to low, cover, and cook for 15 minutes. Quinoa should be fluffy and liquid absorbed. Stir in kale.
6. Into four bowls, layer quinoa mixture, roasted vegetables and drizzle with dressing. Garnish with avocado or other toppings.
7. Enjoy immediately warm or cold for another meal.
8. Refrigerate and consume within four days.



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Recipe adapted from and photo credit to Dishing out Health.  
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