

Lemon Herb Quinoa Bowl (Fresh, Simple & Nourishing)

Why we love it

This dish is light, fresh, and easy to prepare — perfect for spring. It uses whole, simple ingredients and avoids heavily processed or fragranced foods, making it a gentle option for many people living with multiple chemical sensitivity (MCS).



Ingredients (serves 2–3)

- 1 cup **organic quinoa**, rinsed well
- 2 cups **filtered water**
- 1 **organic cucumber**, diced
- 1 cup **cherry tomatoes**, halved
- 1 **ripe avocado**, sliced
- 2 tbsp **fresh parsley**, chopped
- 2 tbsp **fresh basil or cilantro** (optional)
- Juice of 1 **organic lemon**
- 2–3 tbsp **extra virgin olive oil**
- Pinch of **sea salt**
- Optional: a small handful of **pumpkin seeds or sunflower seeds**

Instructions

1. **Cook the quinoa**
Bring quinoa and water to a boil, then reduce heat, cover, and simmer for about 12–15 minutes. Let it sit for 5 minutes, then fluff with a fork.



2. Prepare the vegetables

While the quinoa cools slightly, chop the cucumber, tomatoes, herbs, and avocado.

3. Assemble the bowl

In a large bowl, combine quinoa, vegetables, and herbs.

4. Dress simply

Drizzle with lemon juice and olive oil. Add a pinch of sea salt and mix gently.

5. Finish

Top with seeds if using. Serve slightly warm or chilled.

Tips for MCS-friendly preparation

- Choose **organic, low-residue produce** when possible
- Use **scent-free, non-toxic dishware and cookware**
- Avoid pre-packaged dressings or mixes
- Prepare in a **well-ventilated, fragrance-free kitchen space**



Did You Know?

- Fresh, whole foods can help reduce exposure to unnecessary additives and preservatives
- Simple meals with fewer ingredients can make it easier to identify and avoid triggers
- Preparing food at home allows for greater control over environmental exposures

A gentle reminder

Food is not only nourishment — it's also an opportunity to create a safe, comfortable environment. Simple, fresh meals can support both well-being and peace of mind.