

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Warm and Roasted Salad Bowl

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes ingredients were easy to find and had most of the salad dressing ingredients on hand already! Very transferable to other recipes
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Very easy to follow and fairly low time commitment – I cooked my quinoa in a rice cooker, which saved a step!
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4/5
<i>Was the item fair in price?</i>	Apart from quinoa, which could be subbed for brown rice, it is very affordable.
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Took the amount of time indicated, and didn't take much time at all. Veggies could be prepped in advance as can the quinoa
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 5/5
<i>Did the end product look appealing?</i>	Yes, very appealing and the vinaigrette has a great smell!!
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 5/5
<i>How did finished recipe taste?</i>	Such a good taste, and so many flavors within.
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 5/5
<i>Was there a good amount of texture in the meal?</i>	Great textures, the Pepita and green beans added a crunch that would have been missing otherwise.
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 4/5
<i>Did I feel fulfilled at the end of the meal?</i>	Very very filling, I almost served myself too much! I made 4 portions but probably could have made it into 5. I also made less quinoa and more vegetables
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 3.5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	There are 38.8g of fat in the meal (51% of meal) which is a bit high. Good source of nut free protein – 18.6 g per serving. You could omit any ingredient or swap to get certain nutrients. I almost felt the kale wasn't necessary
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 3.5/5
<i>Could this item be made into a leftover?</i>	Yes, it stores well, and have had it now as a leftover and it tasted just as great. Only think that is different is that you don't
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following</i>	

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*(ie. keep in freezer?)*

have a combination of cold and warm ingredients, which you do when you make it the day of, unless you separate ingredients in lunch when packing them

**OVERALL SCORE:**

45/50 A+

