

## WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Broccoli and Cheeze Quinoa Burrito

CATEGORY	SCORE/COMMENTS
<b>Ingredients</b>	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Easy to find ingredients and can be used in other recipes
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
<b>Preparation</b>	SCORE: 3/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	A few steps needed for preparation, and it did make a lot of dishes! Also I think there was way too much filling for the wraps
<i>Were there steps missing, or not well explained?</i>	
<b>Cost</b>	SCORE: 4/5
<i>Was the item fair in price?</i>	Cashews and Quinoa are not cheap, however a little goes a long way in this recipe
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
<b>Time</b>	SCORE: 4/5
<i>Did it take the amount of time indicated?</i>	I think the prep time is a little bit longer than 25 minutes, with all the steps put together with blending etc.
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
<b>Appearance</b>	SCORE: 4/5
<i>Did the end product look appealing?</i>	Very interesting final product! I think it was pretty appetizing but perhaps not for everyone
<i>Did it have a good smell?</i>	
<b>Taste/Flavor</b>	SCORE: 5/5
<i>How did finished recipe taste?</i>	Really liked the flavor on this one, the cashew cheeze was unreal
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
<b>Texture</b>	SCORE: 4/5
<i>Was there a good amount of texture in the meal?</i>	It is quite a dense burrito, so the texture is very heavy as well, but pretty good. Loved chewing into the broccoli and getting bursts of sauce.
<i>Were their competing elements that distract from the recipe?</i>	
<b>Satiety Level</b>	SCORE: 5/5
<i>Did I feel fulfilled at the end of the meal?</i>	Very very filling
<i>How long was it after eating the recipe until I had to eat again?</i>	
<b>Nutrition</b>	SCORE: 4/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	310 calories (when divided into 6 not 4 meals) and great balance, heavier on the carbohydrates (50% of meal)
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
<b>Longevity</b>	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Great in the fridge or frozen to be heated up the next day!
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	

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**OVERALL SCORE:**

43/50

