Quinoa and Brown Rice Bowl with Vegetables and Tahini

1 cup brown rice

1 cup quinoa

¼ cup olive oil

1 small onion, diced

1 carrot, sliced crosswise ¼ inch thick

¼ pound shiitake mushrooms, stems discarded and caps thinly sliced

1 small zucchini, halved lengthwise and sliced crosswise ¼ inch thick

Salt

1 head broccoli, stems peeled and sliced into coins, heads cut into small florets

1 (12 oz.) bunch kale, large stems discarded

¼ cup tahini, at room temperature

½ cup fresh lemon juice

2 garlic cloves, minced

2 Tbsp. warm water

¼ tsp crushed red pepper

1 ripe avocado, cut into ½ inch cubes

1 cup mung bean sprouts

In a medium saucepan, cover the brown rice with 2 inches of water and bring to a boil. Cover and cook over low heat until the rice is just tender, about 40 minutes. Drain and return the rice to the saucepan and keep covered.

In a small saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover and simmer over low heat until the quinoa is tender and all of the water has been absorbed, about 20 minutes.

In a large skillet, heat 2 Tbsp. of the oil. Add the onion and cook over moderate heat until translucent, about 4 minutes. Add the carrot and cook until it starts to soften, about 3 minutes. Add the shiitake, cover and cook until tender, about 4 minutes. Add the zucchini, season with salt and cook, stirring a few times until tender, about 3 minutes. Transfer to a bowl.

Add the remaining 2 Tbsp. of oil to the skillet. Add the broccoli, cover and cook over moderate heat, stirring a few times, until deep green, about 5 minutes. Add the kale, cover and cook until tender, about 4 minutes. Season with salt then stir in the other vegetables.

In a small bowl, whisk the tahini with the lemon juice, garlic, warm water and crushed red pepper. Season with salt.

Transfer brown rice and quinoa to bowls. Trop with the cooked vegetables, diced avocado and bean sprouts. Serve, passing the tahini sauce at the table.