

Mexican Quinoa Bowl

Pampered Chef
Independent Consultant

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Method

-Combine the quinoa and broth in the Deep Covered Baker. Cover and microwave on HIGH for 10 minutes.

-Meanwhile, cut the bell pepper into quarters and the zucchini in half lengthwise. Using the Quick Slice, cut the bell pepper (skin-side up) into strips. Slice the zucchini halves crosswise.

-Remove the baker from the microwave. Stir in the vegetables, garlic pressed with the Garlic Press, beans, tomatoes with juice, and rub.

-Microwave, covered, for 8–10 minutes, or until the quinoa has absorbed the liquid.

-Remove the baker from the microwave and let it stand, covered, for 5 minutes.

-Snip cilantro in a small bowl with the Professional Shears.

To serve, sprinkle the quinoa with cilantro and top each serving with avocado and sour cream, if desired.
Yield:

5 servings of 1 1/2 cups (375 mL)

Nutrients per serving:

Calories 230, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 660 mg, Carbohydrate 46 g, Fiber 9 g, Sugars 8 g, Protein 11 g

Cook's Tips:

2 tsp (10 mL) chili powder and 1 tsp (5 mL) of ground cumin can be substituted for Tex-Mex Rub.

To make this recipe on the stovetop, increase vegetable broth to 1½ cups (375 mL). Combine the quinoa and broth in Rockcrok® Dutch Oven and cover. Bring to a boil over medium-high heat; reduce the heat to a simmer for 10 minutes. Continue as directed in steps 2 and 3. In step 4, bring to a simmer, covered, for 15 minutes or until quinoa has absorbed the liquid. Let it stand 5 minutes. Continue as directed.



Ingredients

1 cup (250 mL) uncooked quinoa
1 cup (250 mL) vegetable broth
1 orange or red bell pepper, stem removed, seeded
1 medium zucchini, ends trimmed and cut into 3" (7.5-cm) pieces
1 cup (250 mL) fresh corn kernels (about 2 ears)
2 garlic cloves
1 can (15 oz/425 g) low-sodium black beans, drained and rinsed
1 can (14.5 oz/411 g) fire-roasted diced tomatoes, undrained
1-2 tbsp (15-30 mL) Tex-Mex Rub
¼ cup (50 mL) fresh cilantro leaves
Diced avocado, sour cream and lime wedges (optional)



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