

Mexican Quinoa Bowl



Ingredients

1 cup quinoa

1 stock cube

1 small lime

Bunch cilantro

½ each of a red and green pepper

½ red onion

Cooked black beans

1 chopped fresh tomato

1 crushed avocado

Small handful shredded cheese (optional)

Fresh salsa

Method

Cook the quinoa according to the package and include the stock cube dissolved in the water while cooking (about 1 cube to 1 cup of quinoa). When it is done cooking and almost cool, drizzle the lime and stir around the quinoa and toss in the chopped cilantro.

Chop the red and green peppers, red onion and toss the raw pieces into the prepared quinoa. Or, if you prefer, lightly grill or saute the peppers and onions.

Top with beans, spoonful of mashed avocado, chopped tomatoes and drizzle salsa and shredded cheese over the top.

Tips: You may use the basic prepared quinoa with a stock cube as a base for many other dishes, for example, using soy sauce in place of the lime juice and using stir-fried vegetables for a more Asian-style dish. Use your imagination and adapt this recipe for Cajun style, Italian, spicy pork, curry chicken... your only limitation is your imagination!

Source: Saving the Green



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