



A TASTEFUL PLACE AT THE DALLAS ARBORETUM

Southwestern Quinoa Bowl

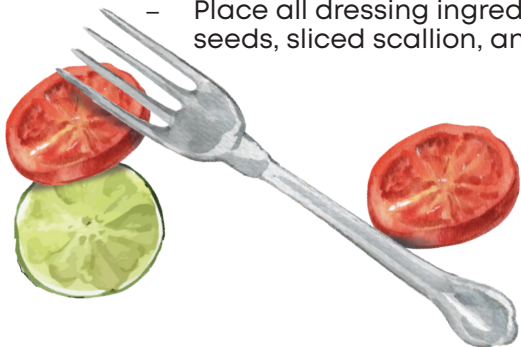
Serves: 4

Ingredients:

- 1 cup quinoa
- 2 cups cooked black beans
- 4 cups baby spinach, ends trimmed
- 16 cherry tomatoes, halved
- 2 red bell peppers, diced
- 1 cup non-GMO corn kernels, frozen and thawed or fresh from the cob
- 1 avocado, sliced
- 1/2 cup Cumin Lime Dressing (recipe follows)
- Handful pumpkin seeds, roasted
- 2 scallions, sliced diagonally
- 1/4 cup cilantro, minced

Method :

- Bring 1.5 Cups water to a low boil. Add quinoa and a pinch of salt. Cover and cook on low for 15 minutes, until the water is absorbed and the quinoa has spiraled.
- Spread the quinoa into 4 wide bowls and top with black beans, spinach, peppers, corn, tomatoes, and avocado.
- Place all dressing ingredients into a jar and shake well. Top quinoa bowl with a drizzle of the dressing, and top with pumpkin seeds, sliced scallion, and cilantro.



• **Dressing Ingredients:**

- 1/2 cup lime juice
- 1 tsp sea salt
- 2 tbsp good-quality olive oil
- 2 tsp ground cumin
- 2 garlic cloves, minced
- 2 tbsp minced jalapeno
- 1/2 tsp chili powder