

Mexico City, Mexico: Tazón de Fiesta Picante

INGREDIENTS:

Quinoa, steamed
Black beans, drained and rinsed
Chickpeas, drained and rinsed
Southwest sweet corn, drained and rinsed
Bell pepper, chopped
Cherry tomatoes, halved
Red onion, chopped
Cilantro, chopped
Avocado, diced
Cheese, shredded

INGREDIENTS FOR SAUCE:

4 tbsp. Lime Juice
3 tbsp. Olive Oil
2 tbsp. Honey
1 tbsp. Garlic, minced
1 tbsp. Chili Powder
2 tsp. Cumin
½ tsp. Red chili flakes
½ tsp. Onion Powder
½ tsp. Paprika

THIS RECIPES USES ALL 5 FOOD GROUPS!

DIRECTIONS:

1. Wash hands and produce prior to cooking.
2. Gather all ingredients.
3. Prepare produce items (bell pepper, cherry tomatoes, red onion, cilantro, & avocado).
4. Drain and rinse canned items (black beans, chickpeas, & corn).
5. Cook and drain quinoa.
6. Gather, measure, and mix sauce ingredients.
7. Using portion control, plate desired amount of all ingredients.

Serve and enjoy!

This recipe can be made for one serving or many to be shared!

