Quinoa Bowl

- 1.5 cups dry quinoa
- 3 bell peppers (the color doesn't matter, it's really personal preference)
- 1 - 15 oz. can low sodium kidney beans
- 1 - 15 oz. can low sodium cannellini beans
- 2 avocados
- 1/2 cup extra virgin olive oil
- Juice of one whole lemon
- 1/2 - 1 tbsp. honey
- 1/2 tsp. cumin
- 1/2 tsp. paprika
- 1/2 tsp. ground cayenne
- 1 lb. ground meat of your choice (we're using turkey)
- 1 red onion, sliced
- 3 cloves of garlic, minced
- Optional topping: 8 oz. shredded cheese; salsa
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1. Wash hands for 20 seconds with warm soapy water. Make sure you scrub in between your fingers, around your wrists, and under your finger nails.
2. Rinse and drain 1.5 cups of dry quinoa. In a large pot, add the rinsed quinoa and 1.5 - 2 cups of water. Boil the quinoa. Let simmer with a lid for about 15 minutes. Take it off the heat and let sit for about 5 minutes, until all the water is drained.
3. When the quinoa is done, remove from the pot and place in a large bowl.
4. Place 1 tbsp. EVOO in a pot, and saute garlic and onion in a pot.
5. Add the ground turkey to pot with garlic & onion. Cook until internal temperature is 165 degrees Fahrenheit.
6. Rinse and drain the 2 cans of beans.
7. Wash and chop the 3 bell peppers into bite sized pieces.
8. Add the bell peppers and beans to the pot with the turkey.
9. Cook until the peppers are slightly sautéed.
10. Cut and dice the 2 avocados and add them to the bowl with the quinoa.
11. Add the contents of the pot to the quinoa bowl.
12. Create light dressing/vinaigrette with the olive oil, lemon juice, honey, 1/4 tsp. cumin, 1/4 tsp. cayenne pepper, and 1/4 tsp. paprika. Whisk the dressing together.
13. Pour over the quinoa bowl and add cheese & salsa as you deem fit.