

THE WAY THE COOKIE CRUMBLES



Quinoa Black Bean Burrito Bowls (adapted from Shiksa in the Kitchen via Prevention RD)

Serves 4

I also added about 4 ounces of Hatch green chiles, roasted, peeled, seeded, and diced, when I stirred in the lime juice.

1 tablespoon olive oil
1 onion, diced
¼ teaspoon salt
2 garlic cloves, minced
2 teaspoons chili powder
1 cup water
1 cup quinoa, rinsed and drained
2 (15-ounce) cans black beans, rinsed and drained
juice of ½ lime
toppings – shredded lettuce, diced tomatoes, cilantro, cheddar cheese or queso fresco, diced avocado, salsa, sour cream or Greek yogurt, black olives

In a medium saucepan over medium heat, heat the oil until it flows like water when the pan is tilted. Add the onion and salt; cook, stirring occasionally, until the onion is just browned at the edges, 6-8 minutes. Add the garlic and chili powder and cook, stirring constantly, until fragrant, about 1 minute. Add the water, quinoa, and black beans; bring to a simmer, then cover the pot and reduce the heat to low. Simmer 15 minutes; without removing the lid, let the quinoa sit off the heat for an additional 10 minutes, until tender. Remove the lid, add the lime juice, and fluff the quinoa with a fork. Serve with your desired toppings.