

PEPPERS

QUINOA BURRITO BOWLS

(adapted from Emma Chapman's recipe on her blog, *A Beautiful Mess*)

INGREDIENTS

- 1 cup (uncooked, well-rinsed) quinoa
- 1 15 oz. can black beans
- 1 15 oz. can sweet corn
- 1 large bell pepper, sliced
- 1/2 red onion, sliced
- 2-3 cloves of garlic, minced
- 1/2 teaspoon cayenne
- 1/2 teaspoon cumin
- 2 tablespoons chopped, fresh cilantro
- 2 tablespoons olive oil
- 1 lime
- Optional: salt, pepper, cheese, sour cream, avocado

METHOD

Cook quinoa according to package directions, substituting stock for water for added flavor. While quinoa cooks, drain and heat corn over low in a small pot or pan. In another small pot or pan, heat black beans with cumin and one garlic clove over low.

Heat olive oil in a large skillet over medium heat. Add peppers, onion, and remaining garlic and cook 4-5 minutes until peppers soften. Season with salt and pepper if desired.

Add cilantro to cooked quinoa and stir.

To build burrito bowls, layer quinoa on the bottom, then cheese if using, then corn, beans and pepper mix. Top with avocado and sour cream. Serve with lime wedges. Enjoy!

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HEALTHY JALAPENO POPPERS

Want an easy game-night appetizer? Try this healthy alternatives to deep-fried jalapeno poppers.

Hollow out 10 jalapenos or small sweet peppers, removing the tops, ribs and seeds. In a bowl, mash 2 ripe avocados with about 2 tablespoons of your favorite

pesto. Fill the peppers with the avocado-pesto mix and enjoy! Serves 4-6.

Tip: Try cutting the corner off a plastic bag to make an inexpensive piping bag. Spoon the mix into the bag and pipe into the pepper for a no-mess method.