



CHEFS FEEDING FAMILIES

MEAL KITS

Southwestern Quinoa & Black Bean Bowls

ASSEMBLY/COOKING TIME: 30 minutes or less

FACT: Food tastes better when it looks nice! So, take a few minutes to layer and arrange these colorful salad ingredients for each serving. What's in Chef Ben Lin's Southwest Vinaigrette? See the **NOTE**, below.

WHAT YOU'LL NEED: A fine-mesh sieve/strainer, rimmed baking sheet, cutting board, sharp knife, medium saucepan, spatula, medium bowl, separate serving bowls.

WHAT KIDS CAN DO: Rinse the quinoa. Rinse, dry and tear the lettuce into bite-size pieces. Arrange the ingredients in each bowl! Drizzle with the vinaigrette.

WHAT YOU CAN ADD IN: Roasted salmon or sweet potatoes, strips of grilled chicken breast or steak or avocado, or shrimp grilled with salt/pepper/lime juice.

TO MAKE 4 SERVINGS

1/3 cup (about a third of what's in your meal kit) dried quinoa
1 cup water
1 head romaine lettuce
1 red bell pepper
8 ounces fresh corn kernels
About 1 cup cooked black beans
1/2 to 1 cup Southwest Vinaigrette (see **NOTE**, below)
1 tomato
1 cup shredded cheddar cheese



COOK THE QUINOA First, pour the quinoa into a fine-mesh sieve/strainer, then rinse it until the water is clear (why? See **MEAL KIT TIPS**). Place in a medium saucepan and add the water. Bring to a boil, then reduce the heat to barely bubbling. Cook, uncovered, for about 15 minutes or until the quinoa looks fluffy and tender, with all the water absorbed. Use a spatula to spread the cooked quinoa on a rimmed baking sheet to cool.



PREP THE VEGETABLES While the quinoa is cooking and cooling, tear or chop the lettuce into bite-size pieces. Cut the red bell pepper into 1/4 inch pieces. Place in a medium bowl, along with the corn, black beans, and 1/4 cup of the vinaigrette (shake in its sealed container first, to blend it together). Stir to coat the vegetables. Cut the tomato into half-moon slices.



ASSEMBLE THE BOWLS Divide the lettuce among 4 serving bowls. Drizzle with a little vinaigrette. Spoon equal portions of quinoa over the lettuce. Spoon the red bell pepper mixture on one side of the quinoa, then lay a few tomato slices on the other side of each bowl. Scatter the cheese evenly over the top of each one. Drizzle each serving with more vinaigrette.



Chef Ben's Southwest Vinaigrette contains apple cider vinegar, Cholula hot sauce, lime juice, sugar, garlic, canola oil, and Worcestershire sauce.

MEAL KIT TIPS

DID YOU KNOW?



Romaine lettuce can be refrigerated for 7 to 10 days when you treat it right. Remove any wilted outer leaves, then break off the other leaves at the stem. Rinse each one, using your hands to rub away any grit. Pat dry and store the leaves in a container between layers of paper towels.



Dried quinoa (a protein-packed grain) has a natural coating that some people taste as bitter or unpleasant. Rinsing takes care of that, and so does toasting it before adding any liquid; see the recipe for Easy Quinoa Mac 'n Cheese, below!



Why do you have to shake an oil-and-vinegar salad dressing? Each of those components contains molecules that naturally will not mix with each other. Adding an ingredient that binds them (an emulsifier, like mustard or honey, or the garlic in Chef Ben's Southwest Vinaigrette) will help keep them blended.

WHAT ELSE CAN YOU MAKE WITH THE INGREDIENTS IN THIS MEAL KIT?

SHEET PAN BLACK BEAN NACHOS!

Spread your favorite corn tortilla chips evenly across a rimmed baking sheet. Mash 1 cup of **cooked black beans** in a mixing bowl. Stir in $\frac{1}{4}$ cup **Southwest Vinaigrette**, 1 teaspoon of ground cumin and $\frac{1}{2}$ teaspoon chili powder, then spoon evenly over the tortilla chips. Scatter **shredded cheddar cheese** on top. Bake in a 400-degree F oven for about 6 minutes, or until the cheese is bubbly. Scatter **diced tomatoes** and pickled jalapenos or chopped scallions on top.

LOADED ROMAINE BOATS!

Combine 2 cups cooked/cooked quinoa (see Southwest Quinoa & Black Bean Bowls recipe), 1 cup cooked **black beans**, 1 cup chopped **red bell pepper**, $\frac{1}{2}$ cup **corn kernels**, 1 cup **diced tomato**, and $\frac{1}{2}$ cup **Southwest Vinaigrette** or your favorite ranch dressing in a bowl, stirring to coat. Taste, and add salt and pepper, as needed. Spoon the quinoa mixture into separated romaine leaves.

QUINOA MAC 'N CHEESE!

Heat 2 teaspoons of **Southwest Vinaigrette** in a large saucepan. Stir in 1 cup of **dried/rinsed quinoa** and cook for about 3 minutes, until it is fragrant and lightly browned. Stir in 2 $\frac{1}{2}$ cups water, bring to a boil, then reduce the heat so the liquid is barely bubbling. Cover and cook for about 10 minutes. Remove from the heat, uncover and fluff with a fork. Whisk together 2 large eggs, 1 cup low-fat or nonfat milk, $\frac{1}{2}$ cup **diced red bell pepper**, and $\frac{1}{2}$ cup **shredded cheddar cheese** in a liquid measuring cup, then pour/stir into the cooked quinoa. Transfer it all into a greased 8- or 9-inch baking dish. Scatter another $\frac{1}{2}$ cup **shredded cheddar** over the top. Bake in a 350-degree F oven for 25 minutes, until the cheese has melted. Spoon **diced tomato** over the cheese.