

RECIPE | TOMATOES

# VEGGIE QUINOA BOWL



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## INGREDIENTS

1 dry pint Pure Flavor® Juno® Bites Red Grape  
Tomatoes, halved  
1 lb Pure Flavor® Mini Cucumbers, chopped  
4 small boneless, skinless chicken breasts  
4 cups quinoa, cooked  
2 avocados, peeled and sliced  
2 ball of queso fresco, sliced  
2 tbsp olive oil  
2 tsp rosemary  
Salt and pepper, to taste

### For the dressing:

4 tbsp Greek yogurt  
2 tbsp nutritional yeast  
2 tbsp olive oil  
Sea salt, to taste

### For the beans:

1 can black beans  
¼ onion  
2 cloves garlic, minced  
2 tsp lemon juice  
1 tsp paprika  
1 tsp cumin  
1 tsp chile lime seasoning  
Salt and pepper, to taste  
Cilantro, chopped



### TOTAL TIME

30 minutes

### PREP TIME

10 minutes

### COOK TIME

20 minutes

### SERVES

4

### COOKING LEVEL

Easy

## DIRECTIONS

1. Heat a grill pan to high heat for about 2-3 minutes. Lower the heat to medium-high. Season the chicken with rosemary, salt and pepper. Add olive oil to the pan and make sure the entire pan is coated. Add the chicken to the pan and cook 5-6 minutes per side.
2. For the beans, in a medium pan over medium-high heat, sauté the garlic, onion and all the seasonings with some olive oil for about 3 minutes. Add the beans, lime juice and fresh cilantro. Stir until bubbling, then turn the heat down to low and let simmer for 5 minutes.
3. In a small bowl, combine all the ingredients for the dressing and whisk together.  
Divide quinoa among 4 bowls. Place tomatoes, cucumbers, avocados and bean mixture in separate areas in the bowl. Cut
4. each chicken breast into slices and place them in the bowl. Top with dressing and queso fresco.