

Quinoa Bowl

Chef Joanne Thomas



Ingredients

8oz Quinoa

- 1 Tbsn Signature Spice Blend
- 2 Tbsn "OMGarlic" Butter
- 3 Cups Corn
- 1 Tbsn "I Like It Spicy" Spice Blend
- 1 Small Red Onion
- 1 bunch Cilantro
- 3 Cups Black Beans
- 3 Cups Sweet Potatoes, Diced
- Chipotle Lime Dressing

Method

1. Preheat Oven to 350 degrees.
2. Drain and lay corn on sheet pan and season with "I Like It Spicy" Blend and roast until golden.
3. Prepare Quinoa and season with Signature Spice Blend. Finish with the "OMGarlic" Butter.
4. Heat the Black Beans seasoned with the Signature Spice Blend.
5. Dice or slice onion. Chop Cilantro.
6. If adding sweet potatoes, cut in small cubes, drizzle with avocado oil and "Signature Spice Blend" and roast until tender.
7. Gently combine all ingredients, drizzle with Chipotle Lime Dressing and serve.

