



MEXICAN QUINOA BOWL

SERVES: 5

PREP TIME: 15 minutes

TOTAL TIME: 25 minutes



INGREDIENTS

- 1 cup (250 mL) pre-rinsed, uncooked quinoa
- 1 cup (250 mL) vegetable broth
- 1 orange or red bell pepper
- 1 medium zucchini
- 1 cup (250 mL) corn (fresh or frozen)
- 2 garlic cloves
- 1 can (15 oz/425 g) low-sodium black beans, drained and rinsed
- 1 can (14.5 oz/411 g) fire-roasted diced tomatoes, undrained
- 1–2 tbsp (15–30 mL) **Tex-Mex Rub**
- ¼ cup (50 mL) fresh cilantro leaves

Optional

- 1 avocado
- 8 oz (250 mL) sour cream
- 1 lime

1. Combine 1 cup (250 mL) of quinoa and 1 cup (250 mL) of broth in the **Deep Covered Baker**. Cover and microwave on HIGH for 10 minutes.
2. Meanwhile, use the **Utility Knife** to remove the top from one bell pepper. Use the **Scoop Loop®** to remove the seeds and veins, then cut the bell pepper into quarters. Use a **Utility Knife** to cut the zucchini into 3" (7.5-cm) long pieces, then cut each piece in half lengthwise. Use the **Quick Slice** to cut the bell pepper (skin-side up) into strips. Then use the **Quick Slice** to slice the zucchini pieces crosswise.
3. Remove the baker from the microwave. Use the **Easy-Read Measuring Colander** to drain and rinse 1 can (15 oz/425 g) of black beans, then add it to the baker. Stir in the vegetables and 2 cloves garlic pressed with the **Garlic Press**, 1 can (14.5 oz/411 g) of fire-roasted tomatoes (undrained), and 1–2 tbsp (15–30 mL) of **Tex-Mex Rub**.
4. Microwave, covered, for 8–10 minutes, or until the quinoa has absorbed the liquid.
5. Remove the baker from the microwave and let it stand, covered, for 5 minutes.
6. Add ¼ cup (50 mL) of fresh cilantro to a **1-cup (250-mL) Prep Bowl** and snip with the **Professional Shears**.
7. To serve, sprinkle the quinoa with cilantro and top each serving with avocado, sour cream, and lime wedge if desired.

COOK'S TIPS: 2 tsp (10 mL) of chili powder and 1 tsp (5 mL) of ground cumin can be substituted for the **Tex-Mex Rub**.

U.S. Nutrients per serving (about 1½ cups/375 mL): Calories 230, Total Fat 2.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 660 mg, Carbohydrate 46 g, Fiber 9 g, Sugars 8 g, Protein 11 g



FOOD TRENDS & TIPS

Many people think quinoa (pronounced “keen-whah”) is a grain, but it’s actually a seed that originated thousands of years ago in the Andes. It has more protein than any other grain or seed. Plus, it’s gluten-free!

You can cook quinoa on the stovetop or in the microwave with water or broth. Using chicken or vegetable broth will add extra flavor. The quinoa will absorb the liquid, and will look like a little spiral when it’s cooked.

*Quinoa needs to be rinsed before it’s cooked or it’ll give the dish a bitter taste. You can purchase pre-rinsed quinoa, so read the package before you buy it. If you need to rinse the quinoa, use a very fine mesh strainer.



HOST SHOPPING LIST & PRODUCT PACKING CHECKLIST

DURING THE SECOND CONTACT WITH THE HOST

Share the shopping list for recipe ingredients with your host. You can post the shopping list when you set up the cooking party on Consultant's Corner. Your host can find it using their Host Tools, or just copy the list below and paste it into an email.

1 cup (250 mL) uncooked quinoa (if possible, get pre-rinsed quinoa)
1 cup (250 mL) vegetable broth
1 orange or red bell pepper
1 medium zucchini

1 cup (250 mL) fresh or frozen corn
2 garlic cloves
1 can (15 oz/425 g) low-sodium black beans
1 can (14.5 oz/411 g) fire-roasted diced tomatoes
Small bunch fresh cilantro

Optional ingredients:

1 avocado
8 ounces (250 g) sour cream
1 lime

PACK UP YOUR PRODUCTS

Use this product checklist to pack your tote.

- | | | |
|--|---|---|
| <input type="checkbox"/> Deep Covered Baker | <input type="checkbox"/> Garlic Press | <input type="checkbox"/> Quick Slice |
| <input type="checkbox"/> 1-cup (250-mL) Prep Bowl (3) | <input type="checkbox"/> Hot Pad & Trivet (or Stackable Cooling Rack) | <input type="checkbox"/> Scoop Loop® |
| <input type="checkbox"/> Avocado Peeler | <input type="checkbox"/> Measuring Spoon Set | <input type="checkbox"/> Smooth-Edge Can Opener |
| <input type="checkbox"/> Clock & Timer | <input type="checkbox"/> Microwave Grip Set | <input type="checkbox"/> Tex-Mex Rub |
| <input type="checkbox"/> Cutting Board (or Flexible Cutting Mat) | <input type="checkbox"/> Mix 'N Scraper® | <input type="checkbox"/> Utility or Santoku Knife |
| <input type="checkbox"/> Easy-Read Measuring Colander | <input type="checkbox"/> Professional Shears | |



ADDITIONAL TOTE PACKING LIST ITEMS

- | | |
|---|---|
| <input type="checkbox"/> Any additional products you want to show off | <input type="checkbox"/> Catalogs and guest order forms |
| <input type="checkbox"/> Station Cards for each recipe station | <input type="checkbox"/> Guest special flyer |
| <input type="checkbox"/> Apron | <input type="checkbox"/> Drawing Slips—if you plan on doing a drawing |
| <input type="checkbox"/> Laptop, smartphone, or tablet | <input type="checkbox"/> Pens |
| <input type="checkbox"/> At least two Party Planning Folders (host packets) | <input type="checkbox"/> <i>Life Tastes Great</i> brochures |

EXPERT TIP: Include your name and contact information on all catalogs and handouts.



ARRIVE EARLY, SET UP & CONNECT WITH YOUR HOST

ARRIVE ABOUT 30 MINUTES BEFORE THE PARTY

1. Greet the host and check out where you can do recipe prep.
2. Do a quick recipe ingredient inventory. If something is missing, there's still time for the host to call a guest and ask them to bring it.
3. Unpack your tote and set up products and ingredients at the stations.
4. Confirm Wi-Fi access and password for order-taking.

STATION #1:

Recipe Ingredients:

- 1 cup (250 mL) pre-rinsed, uncooked quinoa
- 1 cup (250 mL) vegetable broth
- 1 orange or red bell pepper
- 1 medium zucchini
- 1 cup fresh or frozen corn
- 2 garlic cloves
- 1 can (15 oz/425 g) low-sodium black beans
- 1 can (14.5 oz/411 g) fire-roasted diced tomatoes
- Small bunch fresh cilantro

Optional ingredients:

- 1 avocado
- 8 oz (250 g) sour cream
- 1 lime

Tools Needed:

- Deep Covered Baker
- 1-cup (250-mL) Prep Bowl (3)
- Avocado Peeler
- Clock & Timer
- Cutting Board (or Flexible Cutting Mat)
- Easy-Read Measuring Colander
- Garlic Press
- Hot Pad & Trivet (or Stackable Cooling Rack)
- Measuring Spoon Set
- Microwave Grip Set
- Mix 'N Scaper®

Tools Needed Continued:

- Professional Shears
- Quick Slice
- Scoop Loop®
- Smooth-Edge Can Opener
- Tex-Mex Rub
- Utility or Santoku Knife



STATION #1

1. Using the **Measuring Cup**, measure 1 cup (250 mL) of uncooked quinoa (see Food Trends & Tips*) and add it to the **Deep Covered Baker**.
2. Using the **Easy-Read Measuring Cup**, measure and add 1 cup (250 mL) of vegetable broth. Cover and microwave on HIGH for 10 minutes. (Set the **Clock & Timer** for 10 minutes.)

While the quinoa is cooking:

3. Use the **Utility Knife** (or **Santoku Knife**) to remove the top from the bell pepper. Use the **Scoop Loop®** to remove the seeds and veins. Cut the bell pepper into quarters. Using the **Quick Slice**, cut the bell pepper (skin-side up) into strips.
4. Use the **Utility Knife** (or **Santoku Knife**) to trim the ends of the zucchini. Cut the zucchini into 3" (7.5-cm) pieces. Slice each piece of zucchini in half lengthwise, then use the **Quick Slice** to slice the zucchini pieces crosswise.
5. Use the **Smooth-Edge Can Opener** to open the can of black beans. Pour it into the **Easy-Read Measuring Colander**. Rinse thoroughly and drain. Then use the Can Opener to open the fire-roasted diced tomatoes, but do not drain.



STATION #1: *continued*

6. When the **Clock & Timer** rings, use the **Microwave Grip Set** to remove the baker from the microwave and place it on a **Hot Pad & Trivet**. Stir in the bell pepper, corn, tomatoes, zucchini and drained beans. Use the **Garlic Press** to press 2 cloves of garlic into the baker. Use the **Measuring Spoon Set** to measure and add 1–2 tbsp (15–30 mL) of **Tex-Mex Rub**.
7. Microwave, covered, for 8–10 minutes, or until the quinoa has absorbed the liquid. (Set the **Clock & Timer** for 8 minutes.)

While the quinoa continues to cook:

8. Add $\frac{1}{4}$ cup (50 mL) of fresh cilantro to a **1-cup (250-mL) Prep Bowl** and use the **Professional Shears** to snip it into small pieces
9. Optional ingredients: Use the **Avocado Peeler** to cut an avocado in half, remove the pit, and dice; then add to second **Prep Bowl**. Use the **Mini Measure-All® Cup** to measure $\frac{1}{2}$ –1 cup (125–250 mL) of sour cream; add to a third **Prep Bowl**. Use the **Utility Knife** to cut a lime into wedges.
10. When the Clock & Timer rings, remove the baker from the microwave and let it stand, covered, for 5 minutes.
11. To serve, sprinkle the quinoa with cilantro and top each serving with avocado, sour cream, and lime wedge, if desired.