



**Peruvian Ancient Grain Dinner Bowl**  
*Make Ahead Veggie-Rich with Rainbow Colors*

**Ancient Grain White Quinoa**

- 1/2 cup uncooked white quinoa
- 1 cup cold water
- 1/4 teaspoon sea salt or salt blend

Rinse quinoa in fine mesh strainer. Place in saucepan, cover with water; season with salt. Bring to a boil. Reduce heat to a simmer; cover; simmer for about 15 to 20 minutes and water is absorbed. Toss and place in a bowl to stay warm. Set aside.

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**Orange Lemon Cilantro Dressing:**

- 2 Tablespoons fresh orange juice
- 1 teaspoon fresh lemon juice
- 3 Tablespoons olive oil
- 1 Tablespoon wildflower honey
- 1/4 teaspoon garlic powder
- 1 to 2 Tablespoons fresh cilantro leaves
- 1/4 teaspoon (each) sea salt; ground black pepper

**Prepare Salad Dressing:** Place all ingredients in small food processor; process to form a lightly thickened dressing. Place into a small serving bowl.

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**Sweet Potatoes:**

- 2 sweet potatoes, peeled, quartered
- 1/2 teaspoon orange zest
- 1 Tablespoon unsalted butter
- 1/4 teaspoon sea salt; 1/8 teaspoon ground black pepper or as desired
- 1 Tablespoon orange juice
- 1/4 cup broken pecans
- Garnish: 3 to 4 fresh orange wedges

**Prepare Sweet Potatoes:** Place quartered sweet potatoes in medium sized saucepan; cover with water; cook on medium heat; bring to a boil; reduce heat to medium low; cook for 15 minutes or tender. Drain water; toss with orange zest and butter to coat; season with sea salt and black pepper. Set aside to stay warm. Before serving; toss with orange juice and pecans. Garnish with fresh orange wedges.

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**Peppered Pan Roasted Corn**

- 1 Tablespoon olive oil
- 1 medium onion, peeled, chopped
- Season lightly with sea salt and ground black pepper
- 2 cups frozen corn niblets, rinsed
- 1/4 cup diced red bell pepper
- 1 Tablespoon fine chopped seeded jalapeno peppers

Heat oil in a cast iron 10-inch skillet, add chopped onion; season lightly with sea salt and ground black pepper; cover; cook stirring frequently for about 10 minutes or onion is browning; add corn, season lightly with sea salt and black pepper; toss with browned onions; cover; cook, stirring occasionally over medium low heat for about 8 to 10 minutes to flavor roast the corn. Stir in diced red peppers and jalapeno peppers; cook for 1 to 2 minutes. Remove from pan to a small bowl; set aside to stay warm.

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### **Vibrant Green Kale with Onions**

1-1/2 Tablespoons olive oil  
1 small red onion, peeled, halved, sliced thin  
Sea salt; ground black pepper to taste  
6 to 8 cups torn fresh kale leaves

Heat oil in 10-inch cast iron skillet; add onion slices; season lightly with sea salt and black pepper. cover; cook over medium heat stirring often for about 10 minutes or onions begin to brown. Add half of kale; toss with onions; cover skillet; cook over medium heat until kale starts to soften; add remaining kale; cover; cook until kale is a bright green color; season with light sea salt and ground black pepper to taste. Set aside to stay warm.

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### **Salad Garnish:**

1 small bunch fresh cilantro sprigs  
1 avocado, pitted, peeled, sliced  
1 small bowl of Aji Amarillo Paste hot pepper paste

**To Serve:** Place prepared quinoa in center of plate; arrange reserved warm vegetables: sweet potatoes, kale, and corn around the quinoa. Add fresh handful of cilantro and sliced avocado. Drizzle a little dressing over the salad. Serve remaining salad dressing and Peruvian hot pepper paste in small dishes on the side. Serves: 2 to 4

### **Cook's Note –**

**To make the recipe easier:** Prepare the sweet potatoes, corn, quinoa, and salad dressing ahead of time and store them in the refrigerator. Simply cook the quinoa and veggies in the microwave until warm before plating. Then cook the simple kale, slice the avocado, and arrange the dinner bowl.

**If you don't have the ingredients:** Customize your bowl by repurposing leftovers and adding a variety of vegetables your family enjoys.

**About the Recipe:** This vegetarian meal-in-a-bowl takes you on a virtual food trip to Peru. It's a dining styled dinner, highlighting the ancient high protein grain quinoa. It's topped with a flavor-roasted peppered corn, punchy, orange-zested sweet potatoes with pecans, healthy green kale and onions, cool avocado slices and fresh cilantro sprigs. Drizzles of orange lemon salad dressing and fresh orange wedges add that happy, sunshine feeling. This dish brings a healthy and delicious meal right onto your table in a casual new style.