

Recipe: Quinoa Dragon Bowl

Ingredients.

- * 1 cup of quinoa
- * 1 2/3 cup of water
- * Sea vegetables
- * 1 can of black beans rinsed.
- * 1 avocado
- * Chopped green vegetables: kale, spinach, chard, or beet tops.
- * 1 tbsp sesame seeds
- * 2 tbsp Hemp seeds
- * 1 scallion
- * 1/2 cup of kimchi

Dressing

- * 1 inch of fresh ginger peeled
- * Juice from 1 fresh lemon OR 1/4 cup of rice wine vinegar
- * 1/4 cup olive oil
- * 1 glove of garlic
- * Salt

Directions.

Add quinoa to water, bring to a boil, then let simmer for 10 minutes. Throw in hard sea vegetable, simmer until quinoa tails pop out, about 5 minutes, then remove from heat. Add chopped greens. Let sit with lid on for 10 minutes or until sea veggies and greens are soft.

Dressing: blend all ingredients in bullet or blender then drizzle over bowl.

Dish out Quinoa into bowl top with beans, avocado, sesame seeds, chopped scallion, kimchi and dressing

Enjoy.

Recipe: Quinoa Asian Bowl

Ingredients.

- * 1 cup of quinoa
- * 1 2/3 cup of water
- * Sea vegetables
- * 1 can of black beans rinsed.
- * 1 avocado
- * Shredded carrot.
- * 1 tbsp sesame seeds
- * 2 tbsp roasted almonds or sunflower seeds
- * 1 scallion
- * 1/2 cup of kimchi

Dressing

- * 1 inch of fresh ginger peeled
- * 1/4 cup of rice wine vinegar
- * 1/4 cup olive oil
- * 2 slices of orange
- * 1 tbsp of Tamari
- * 1 glove of garlic
- * Salt

Directions.

Add quinoa to water, bring to a boil, then let simmer for 10 minutes. Throw in hard sea vegetable, simmer until quinoa tails pop out, about 5 minutes, then remove from heat. Add chopped greens. Let sit with lid on for 10 minutes or until sea veggies and greens are soft.

Dressing: blend all ingredients in bullet or blender then drizzle over bowl.

Dish out Quinoa into bowl top with beans, carrot, avocado, sesame seeds, almonds, chopped scallion, kimchi and dressing

Enjoy.