



Oh-so-easy High-protein Bowl

Serves 2

Time: 20-25 minutes

40g protein per serving

Your Tasty Ingredients

All kinds of flavors

- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon honey or agave syrup (optional for sweetness)
- Salt and pepper to taste
- A pinch of cumin or chili powder (for a Southwestern twist)

Tons of Protein & Nutrition

- 1 cup cooked quinoa
- 1 cup diced cherry tomatoes (in season in March)
- 1 cup black beans (canned or cooked)
- 1 avocado, diced
- 6 oz chicken breast (baked, grilled, or canned)

Steps to Deliciousness!

1. Cook Quinoa: Rinse 1/2 cup of quinoa under cold water and then cook it according to package instructions (typically combine with 1 cup of water, bring to a boil, reduce to a simmer, and cover for about 15 minutes until fluffy). Allow it to cool (speed up by placing cooked quinoa into a large bowl and placing in the fridge).
2. While the quinoa is cooking and cooling, prepare other ingredients. In a small bowl or jar, combine the olive oil, fresh lime juice, honey (if using), salt, pepper, and cumin or chili powder. Whisk or shake until well combined. Set aside.
3. Add the diced cherry tomatoes, black beans (rinsed if using canned), diced avocado, and chicken in a large mixing bowl. Add the quinoa once cooled. Gently toss all the ingredients together to combine.
4. Drizzle the dressing over the salad just before serving and toss gently to coat. Top with chopped cilantro for extra flavor if desired. Divide all your delicious proteins into two bowls and serve fresh. Eat up!

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