



Latin Bowl

Makes 4 servings

For The Quinoa (Makes more than 4 servings)

2 Tbs.	Olive Oil
½ Each	Sweet Onion, ¼" Dice
2 Cups	Red Quinoa
4 Cups	Vegetable Stock
1 tsp.	Cumin, Ground
1 tsp.	Coriander, Ground
1 tsp.	Smoked Paprika
2 tsp.	Chili Powder
To Taste	Kosher Salt
To Taste	Freshly Ground Black Pepper

For The Tomatoes

1 Pint	Grape Tomatoes
1 Tbs.	Olive Oil
To Taste	Kosher Salt
To Taste	Black Pepper

8 Cups	Baby Spinach, Cleaned
½ Cup	Avocado Ranch

2 Cups	Florida Sweet Corn Salad (See Recipe in This Blog)
2 Cups	Guacamole
2 Cups	Quesadilla Cheese, Shredded (Can Substitute Monterey Jack)
2 Cups	Arugula
To Garnish	Tortilla Chips

Method:

- Heat a sauce pan, add the oil, then the sweet onion
- Sweat until aroma develops
- Add the quinoa and impregnate in the oil
- Add the remaining ingredients, and bring to a boil
- Reduce to a simmer, cook until the moisture has been absorbed
- Fluff with a fork and cool

- Preheat an oven to 400°F
- Toss the grape tomatoes in a bowl with the olive oil, salt and pepper to coat



- Place in a small baking dish and roast for 30 minutes in the oven or until the tomatoes blister and begin to char
- Combine the spinach and the avocado ranch in a mixing bowl, mix well
- Divide the spinach between 4 bowls
- Add 1/2 cup of the quinoa, roasted tomatoes, Florida sweet corn salad, guacamole and quesadilla cheese to the top of the spinach like wedges in a pie
- Place the arugula in a high pile in the center of the salad and garnish with the tortilla chips