

QUINOA & KIDNEY BEAN “BURRITO BOWLS”

1 cup quinoa
1 tbsp olive oil
1/4 cup onion minced
1 clove garlic minced
30 oz cooked kidney beans or 2 cans, drained and rinsed

1/4 cup fresh cilantro chopped
1/4 tsp chili powder mild Pinch cayenne pepper spicy
1/4 cup fresh lime juice
1 cup shredded lettuce Salt and pepper

Optional Topping Ingredients

Grated cheddar or jack cheese
Sour cream or Greek yogurt
Pico de gallo or salsa
Diced seeded tomatoes

Hot sauce or sriracha
Sliced avocado or guacamole
Corn
Egg, boiled, poached, or fried

Instructions

Cook quinoa according to package instructions. **Chef tip: use vegetable broth instead of water for more flavor.**

While quinoa is cooking, sauté onion in 1 Tbs oil in a saucepan for a few minutes till it softens then add the minced garlic and sauté for 1-2 minutes longer till aromatic.

Add the kidney beans, 1/2 cup water, 2 tbsp of chopped fresh cilantro, chili powder and cayenne pepper. Bring the beans to a boil, then reduce heat to medium low. Let the beans simmer for 15 minutes till the liquid is mostly evaporated. Stir in 2 tbsp of fresh lime juice. Season with salt and pepper to taste.

When the quinoa is fully cooked, remove from heat and fluff with a fork. Mix in 2 tbsp of chopped cilantro, 2 tbsp fresh lime juice, and kidney beans. Divide into 4 bowls, and top with your favorite toppings.

SUNDRIED TOMATO HUMMUS TOAST WITH SAUTÉED SPINACH AND FETA

Spread the hummus (see recipe below) on your favorite toast and topped with sautéed spinach and feta cheese. Season with salt, pepper, and lemon juice.

SUNDRIED TOMATO HUMMUS INGREDIENTS

¼ cup lemon juice
¼ cup tahini
2 tablespoons olive oil
¼ cup sundried tomatoes

1 clove garlic, minced
½ teaspoon ground cumin
½ teaspoon Kosher salt
2 cups cooked or canned chickpeas (aka garbanzo beans)

Instructions

Add lemon juice, tahini and olive oil to the container of a blender or food processor. Blend until smooth, about 40 seconds. Scrape down sides and add sundried tomatoes, garlic, cumin, salt, and ¾ of the can of chickpeas. Blend until smooth, about 1 minute. Scrape down sides and blend again for another minute until even smoother. Add remaining chickpeas and blend for about 20 seconds or until the hummus has reached the creaminess you desire.

ROASTED CURRIED CAULIFLOWER AVOCADO TOAST

1 Ripe avocado, peeled, de-seeded, mashed, and seasoned with salt, pepper, and lime juice
½ Cup roasted curried cauliflower florets (see recipe below)
1 Tablespoon mixed microgreens

2 Slices of your favorite bread, toasted
Balsamic reduction (see recipe below)
Soft boiled egg (optional)

ROASTED CURRIED CAULIFLOWER INGREDIENTS

¼ Cup olive oil
2 Teaspoons curry powder
1 Teaspoon lemon juice

½ Teaspoon salt
¼ Teaspoon black pepper
4 Cups cauliflower florets, wash

Instructions

Preheat oven to 400 degrees. Mix the olive oil, curry powder, lemon juice, salt, and pepper in a small mixing bowl. Place the washed and well drained cauliflower florets in a 13 x 9 inch baking dish; pour the oil mixture over the florets and toss gently. Bake 15 to 20 minutes; remove from oven and use everywhere! Divide and assemble the ingredients onto two pieces of toast.

BALSAMIC REDUCTION INGREDIENTS

1 Cup of balsamic vinegar

Instructions

Bring vinegar to a boil in a saucepan over medium heat, then reduce to a simmer. Simmer 10 minutes until vinegar has reduced down and coats the back of a spoon. Cool and use everywhere! If it becomes too thick in the fridge, warm container in warm water to loosen.

SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

- | | |
|--|--|
| <input type="checkbox"/> Quinoa – Kandarian Farms (Wednesday market) | <input type="checkbox"/> Microgreens – Maggie’s Farm |
| <input type="checkbox"/> Onion – Vang Farm | <input type="checkbox"/> Bread – Ca’ d Oro Bakery |
| <input type="checkbox"/> Garlic – Vang Farm | <input type="checkbox"/> Olive oil – Buon Gusto Farm |
| <input type="checkbox"/> Cilantro – Vang Farm | <input type="checkbox"/> Balsamic vinegar – Buon Gusto Farm |
| <input type="checkbox"/> Eggs – Anna’s Organic Farm | <input type="checkbox"/> Avocado – Valley Center Orchard |
| <input type="checkbox"/> Lettuce – Anna’s Organic Farm | <input type="checkbox"/> 4 lemons – Valley Center Orchards |
| <input type="checkbox"/> Tahini – Sesamaise Foods | <input type="checkbox"/> 1 lime – Valley Center Orchards |
| <input type="checkbox"/> Chickpeas – Suncoast Farm | <input type="checkbox"/> 3 heads cauliflower – Suncoast Farm |



The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the preservation of the agricultural arts, prosperity of CA farmers and small food businesses and sustainable food systems.

