



BLACK BEAN AND VEGGIE BURRITO BOWLS WITH CILANTRO-LIME QUINOA

FAST. EASY. FRESH.

1. Start by preheating your oven to 375°F. Then, peel and finely dice the **yellow onion**, dice the **zucchini**s, and cut the **cherry tomatoes** in half. De-seed and dice the **pepper**. Drain and rinse the **black beans**.

2. Next, in a small pot combine the **quinoa** with 3 Cups of water and a pinch of **salt**. Bring to a boil, then reduce heat to low, cover, and simmer gently until all the water has been absorbed, about 12-15 minutes.

3. Meanwhile, place the **yellow onion**, **zucchini**, and **tomatoes** into a large bowl. Toss with the **olive oil**, **Maple Syrup & Spices** (maple syrup, cumin, **smoked paprika**, and **cayenne**) and a good pinch of **salt** and **pepper**. Spread out onto a parchment-lined baking sheet and bake for 15-20 minutes, stirring once half-way through.

4. When the vegetables are tender, remove from the oven, and stir in half to the whole can of **black beans** depending on your preference. Taste and season with more **salt** and **pepper** as desired.

5. Next, finely chop the **cilantro** and stir into the **quinoa** along with the zest and juice from the **lime**. Stir well to combine.

6. To serve, spoon the **quinoa** into bowls and top with the roasted vegetables and a dollop of **sour cream**. Enjoy!



Ingredients (4 Servings – 609 Calories Per Serving)

Quinoa	1 ½ Cups	Maple Syrup	2 Tbsp.
Limes	2	Ground Cumin	2 tsp.
Cilantro	Small Bunch	Smoked Paprika	2 tsp.
Yellow Onion	1	Cayenne	1/8 tsp.
Zucchini	1 Medium	Black Beans	1 540 ml Can
Cherry Tomatoes	30	Sour Cream	1 Cup
Sweet Bell Pepper	1	Salt and Pepper	To taste
Olive Oil	2 Tbsp.		

35 Minute Cook Time!