

Quinoa Taco Salad

- 1 cup quinoa
- 1 tablespoon Kirkland Signature™ Extra Virgin Olive Oil
- 1 red onion, chopped
- 3 cloves garlic, minced
- 1 ½ teaspoons cumin
- ½ teaspoon oregano
- 1 to 2 teaspoons chili powder, depending on heat preference
- Dash cayenne pepper
- Half each red, green and yellow bell peppers, chopped
- 1 15-ounce can black beans, drained
- ¾ cup diced tomatoes (fresh or canned)
- 2 limes
- Salt and pepper, to taste
- 6 to 8 ounces baby spinach
- 1 bunch cilantro
- ⅓ cup cheddar or feta cheese
- 1 avocado, diced

Cook the quinoa according to package instructions.

Heat olive oil in a sauté pan over medium-high heat; add onion and sauté for 3 to 5 minutes, until translucent and tender. Add garlic, cumin, oregano, chili powder, cayenne and peppers; sauté an additional 2 minutes.

Remove from heat. Stir in the black beans, tomatoes and the juice of 1 lime. Stir in quinoa. Season to taste with salt and pepper. Chill.

Roughly cut baby spinach into strips. Remove about 1 cup of cilantro leaves from the bunch, rinse and pat dry, and toss with the spinach. Divide spinach and cilantro mixture evenly among 4 salad plates. Top each plate with a scoop of the quinoa salad. Top each salad with your choice of cheese and diced avocado. Cut the remaining lime into slices to garnish the plates.

Makes 4 servings. 