



## Southwestern Creole Bowl

This recipe is a fusion between the two cuisines & a vegetarian take on the classic layered dip.

Serves: about 6 (12 oz jars)

### Ingredients

1 can black eyed peas (drained & rinsed)  
1 can black beans (drained & rinsed)  
About 2 cups baby spinach (fresh)  
3-4 Tomatoes (romas are fine, small diced)  
1 bag frozen sweet corn (thawed, rinsed & drained)  
4-6 cloves fresh garlic (finely minced)  
About ½ bunch fresh cilantro (chopped, reserve a pinch for garnish)

About 3-6 tbsp honey, agave or raw sugar  
Tahini paste or sesame oil to taste  
Extra virgin olive oil (as needed, up to ½ cup)  
¼ cup or so of water  
1 tsp of chipotle in adobo (optional)  
Lime juice (as needed)  
1 zucchini (small diced)  
1 red bell pepper (finely diced)  
1 red onion (finely diced)  
1 cup quinoa (optional- cook & season with garlic, salt & pepper)

**Spices (to taste):** salt, pepper, cumin, cajun spice, chili spice, paprika & garlic powder

**Tools Needed:** a small pot/ lid, cutting board, chef's knife, 6 ea. (12 oz) mason jars with lids for serving, 4 medium bowls, a blender or bullet & spoons

**For this recipe, you will create 4 small composed salads.** They will all be used to form multiple layers in the single serving bowls. Cooked quinoa or even fresh avocado can also be added for more nutrition. I recommend using something clear to show off the beauty of this dish! Also, any excess can be served the next day in burritos or a taco salad. Waist not, want not...

**Note: It is extremely important that all cooked items are cooled & chilled before assembly. NEVER add a warm or hot component to a dish that is intended to be chilled & served cold! This could cause spoilage & make your dish unsafe for some to consume.**

### Procedure & Steps - Quick Prep

- Thoroughly rinse all the fresh produce in cold water
- Pat the cilantro dry, chop it & set it aside
- Drain & rinse both bean varieties separately. Put them in separate bowls.
- Thaw, rinse & drain the corn. Put it in a bowl.
- Roughly chop or rip the baby spinach. Set aside

#### 1. The B.E.P. Salad

- This portion begins by adding the final components to the bowl with the black eyed peas.
- Cut the zucchini into small cubes. Add it to the bowl of b.e.p.
- Add about ½ tsp of the garlic that was minced earlier.
- Also, add half of the diced red bell pepper & red onion to this mix.
- Add a drizzle of olive oil & season to taste with cumin, salt, pepper & cajun spices. Set aside

**2. The Black Bean Hummus -** This portion requires a small batch blender. Any bullet variation will work perfectly. You can also use an immersion blender paired with a tall slender container. A mortar & pestle can be used but it will result in a chunky finish.



- Add the black beans into the blender vessel.
- Add about 1 tbsp of the chopped onion, 1 tbsp of the cilantro & ½ tsp or so of the chopped garlic
- Add about ½ tsp of sesame oil or about 1-2 tbsp of tahini (it's up to you)
- Add about ¼ cup water, ¼ cup good quality extra virgin olive oil & 1 tsp of chipotle in adobo
- Start with about 1 tbsp of lime juice & season to taste with cumin, garlic powder, paprika, salt & pepper.
- Add a small amount of the spices at this point. After blending it the 1st time, taste it & adjust it. Remember, you can always add more but you can't take any excess out!
- Blend it until smooth. Tweek the spice & citrus levels to your desired preference. If anything additional is added, be sure to blend it again to incorporate things. Once it's ready, set it aside.

### 3. The Sweet Cilantro Corn

- This portion begins by adding the final components to the bowl of drained corn.
- Add 1-2 tbsp of the pre-chopped cilantro
- Add about 1 tsp of lime juice. The zest would also be a nice addition.
- Also, add the remaining half of the diced red bell pepper to this mix.
- Add a drizzle of olive oil & season to taste with chili powder, salt, pepper & agave. Set aside

### 4. The Cajun Pico

- This portion begins by adding the final components to the bowl of diced tomatoes.
- Add a pinch of cilantro & the remaining diced red onions
- Add about 1 tsp of lime juice & the remaining minced garlic
- Add a pinch of honey or agave nectar for balance (about ¼ tsp)
- Add a drizzle of olive oil & season to taste with cajun spice, salt, pepper & garlic. Set aside

### The Quinoa- Optional

- This portion is optional but adds an extra boost of vegetarian protein that will help keep you full!
- For this recipe, you may need to cook about 1 cup of quinoa of your choice. Any color variant will do. Follow the cooking instructions on the package to cook 1 cup of quinoa. Remember to season the liquid in which it's cooked in (ex: prior to cooking- use broth, bay leaf & or seasonings)
- Once cooked, fluff it & allow it to fully cool. Taste it & add more seasonings if needed. Set aside

### Final Procedure - Assembly

- Using properly cleaned clear containers, begin assembling the salad by layering the following:
- In each jar, add about a ½ inch layer of the b.e.p. salad, follow it with a layer of quinoa (optional)
- Next, add a layer of the corn salad, then one of chopped spinach, a bit of the hummus & a small layer of the cajun pico. Repeat the layering process until all your jars are finished. Garnish each with a sprinkle of chopped cilantro & voila, it's complete!