



Makes 4 bowls
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 cup finely chopped onion
6 cloves garlic, minced
3 to 4 teaspoons taco seasoning
4 cups frozen mixed vegetable blend, any variety
4 cups chopped fresh kale, ribs removed
2 cups cooked quinoa
2 tablespoons lemon juice
Sea salt, to taste
1 cup chopped tomato
2 tablespoons chopped fresh cilantro
1 avocado, halved, seeded, peeled, and chopped
8 mini corn tortillas, warmed

Quinoa Taco Bowls

This tasty taco bowl is a great way to use up leftover **quinoa** and spice up your breakfast routine at the same time. Frozen veggies are infused with smoky taco seasoning and folded into the cooked quinoa to add extra heft to the chewy whole grains. A homemade pico de gallo brings zesty freshness to each bite while chunks of creamy avocado tie together the Southwestern flavors. Squeeze a little lime juice over everything (or your favorite hot sauce) and serve with warm tortillas on the side to create tasty breakfast **tacos** that will provide you with plenty of energy to face the day ahead.

For more unique vegan quinoa recipes, check out these tasty ideas:

- [Quinoa Tabbouleh with Pomegranate Seeds](#)
- [Summer Squash Veggie Skewers Over Edamame Quinoa](#)
- [Zucchini Rollatini with Quinoa and Chickpeas](#)
- [Hearty Winter Slaw with Quinoa and Cranberries](#)

By Darshana Thacker Wendel

- 1** Heat a large saucepan over medium. Reserve 2 tablespoons of the onion for pico de gallo. In saucepan combine the remaining onion, the garlic, and $\frac{1}{4}$ cup water. Cook 10 minutes or until onion is tender, stirring occasionally. Stir in taco seasoning. Add frozen vegetables and $\frac{1}{4}$ cup water. Cook 10 to 15 minutes more or until vegetables are tender. Add kale and quinoa; cook 5 minutes more or until kale is wilted and quinoa is heated through, stirring occasionally. Add lemon juice, season with salt, and mix well. Taste and adjust seasoning.
- 2** For pico de gallo, in a bowl stir together tomato, cilantro, and the reserved 2 tablespoons onion.
- 3** Divide quinoa mixture among serving bowls. Top with pico de gallo and avocado. Serve with warm tortillas on the side.