



Makes 6 bowls
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup dry quinoa, rinsed and drained

6 corn tortillas

1 15-oz. can black beans, rinsed and drained (1½ cups)

2 cups frozen roasted corn kernels, thawed

16 oz. fresh pico de gallo

2 medium avocados, peeled, seeded, and chopped

2 tablespoons lime juice

¼ to ½ cup chopped fresh cilantro

Chili powder, to taste

Sea salt, to taste

Vegan Taco Salad Bowls

While these fun taco salad cups were [created with kids in mind](#), plant-based eaters of all ages will enjoy this hearty, tasty meal. The Tex-Mex-style filling combines chewy [quinoa](#) (or any other whole grain you love), nutrient-dense black beans, sweet corn, tangy pico de gallo, and creamy avocado slices to create a succulent Southwestern experience. A squeeze of lime juice and sprinkling of cilantro adds the finishing touch to the drool-worthy flavors. We love the look of serving the salad in edible tortilla bowls, but you can also slice the tortillas into thin strips, bake 8 minutes at 375°F, and then break the strips over the salad for serving. However you choose to eat it, this taco salad recipe will soon become a favorite in your household!

For more [kid-friendly vegan recipes](#), check out these tasty ideas:

- [Creamy Vegan Chili Mac](#)
- [Kid-Friendly Chopped Salad](#)
- [Chickpeazella Sticks](#)
- [Super Sloppy Joes](#)

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- 1** In a medium saucepan combine quinoa and 2 cups water. Bring to boiling; stir and reduce heat. Cover and simmer 15 minutes or until water is absorbed and quinoa is tender. Remove from heat and uncover.
- 2** For tortilla bowls, preheat oven to 375°F. Wrap tortillas in a damp paper towel. Microwave 30 seconds. Nestle each tortilla between four cups of an upside-down muffin pan; repeat with remaining tortillas. Bake 12 minutes.
- 3** In a large bowl combine the next five ingredients (through lime juice); mix well. Stir cilantro into cooled quinoa. Spoon bean mixture and quinoa into tortilla bowls. Sprinkle lightly with chili powder and salt.