



Cooking Essentials for a Flavorful Life™

Chard Quinoa Tostadas

Prep Time: 20 minutes

Cook Time: 10 minutes

Yield: 3 servings

Ingredients

- 1 cup of cooked quinoa (warm)
- 1/4 cup pork chorizo
- 4 ounces rainbow chard, thinly sliced
- 4 l'itois onions, finely sliced
- 2 Easter egg radishes, sliced into matchsticks
- 1/4 cup cheddar cheese, shredded
- 3 flour tortilla tostada bowls
- 1 tablespoon agave nectar

Preparation

1. Cook chorizo in large skillet over medium-high heat for 5 minutes.
2. Add thinly sliced rainbow chard and continue cooking for 2 minutes until chard has slightly wilted.
3. Stir warm quinoa into pan and cook for 1 minute until warmed through.
4. Drizzle 1 tablespoon agave and mix well.
5. Spoon mixture into tostada bowls.
6. Garnish with shredded cheddar cheese, l'ittoi onions and radishes.

Variation: Add diced avocado to tostada bowls.

*Recipe Provided By Chef Stephanie Green, RDN
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