



# A Cook's Companion

197 Atlantic Ave • Brooklyn, NY

718-852-6901

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## Southwest Quinoa Bowl

Serves 1

1/2 cup quinoa, cooked  
1/4 can black beans, rinsed and drained  
1/4 cup corn, fresh or frozen  
1/4 cup cherry tomatoes, sliced in half  
1/4 cup cubed Pepper Jack cheese  
1/4 avocado, diced  
1/4 teaspoon paprika  
1/4 teaspoon cumin  
1/4 teaspoon chili powder  
kosher salt and pepper, to taste

### **garnish with:**

2 tablespoons olive oil  
lime slices  
cilantro leaves

### **Directions:**

1. Cook the quinoa according to the package instructions.
2. In a large lunch container, carefully layer cooked the quinoa, black beans, corn, tomatoes, cheese, and avocado.
3. Sprinkle the quinoa with the paprika, cumin, chili powder, salt and pepper.
4. Before leaving for the day, or before eating, drizzle the quinoa with olive oil.
5. Garnish with a squeeze of fresh lime juice and cilantro.

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## Easy Curry Chicken Salad

Serves 6

1 rotisserie chicken, shredded  
1 cup grapes, halved  
1/2 cup shallot, diced  
1/2 cup sliced almonds  
1/2 cup green onions, sliced

### **dressing:**

1 cup Greek yogurt  
2 tablespoons whole grain dijon mustard  
2 tablespoons curry powder  
kosher salt, to taste  
pepper, to taste

### **Directions:**

1. Shred the rotisserie chicken into small pieces, removing the skin into a large bowl.
2. Mix the dressing ingredients together in a small bowl.
3. Add the grapes, shallot, almonds, green onion, and dressing to the chicken and stir until combined.
4. Serve with toasted bread, in a wrap, or on lettuce leaves.

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## Egg Salad with Hummus

Serves 2-3

6 eggs, boiled, peeled and chopped  
2 stalks celery, sliced  
1/4 red onion, diced finely  
2 tablespoons parsley, chopped

### **dressing:**

1/2 cup hummus  
2 tablespoons tahini  
2 tablespoons olive oil  
2 tablespoons red wine vinegar  
1/4 teaspoon celery salt  
1/4 teaspoon kosher salt  
1/4 teaspoon pepper

### **Directions:**

1. Prepare the boiled eggs. Place the eggs in a medium-sized sauce pan and cover with cold water. Bring to a boil, then cover with a tight-fitting lid and turn off the heat. Set a timer for 12 minutes. Then, run cold water over the eggs until they are cooled. Peel, and chop roughly for the egg salad.
2. Make the dressing by mixing all ingredients together in a small bowl.
3. Add the celery, onion, parsley, and dressing to the chopped eggs and stir.
4. Serve with crackers, on toast, or in lettuce leaves.