

Quinoa Bowl with Chicken and Avocado Cream

Shopping List:

Produce

- ☐
- ☐ 1 cup fresh cilantro leaves and tender stems, finely chopped
- ☐ 4 sprigs cilantro, for garnish
- ☐ 2 scallions, thinly sliced
- ☐ 1 firm-ripe avocado
- ☐ Juice of 1 lime
- ☐ 1 lime, quartered

Pantry

- ☐ 2 tablespoons olive oil
- ☐ Kosher salt
- ☐ Pinch cayenne pepper
- ☐ 2 cups tortilla chips, crushed
- ☐ 1 cup store-bought or homemade black bean salsa
- ☐ 1 1/2 cups red quinoa

Dairy

- ☐ 1/4 cup sour cream
- ☐ 3 tablespoons grated Parmesan

Frozen

- ☐ 1 cup frozen fire-roasted corn, thawed

Protein

- ☐ 2 cups shredded rotisserie chicken meat (about 1/2 chicken; about 3/4 pound)

Seeds & Nuts

- ☐ 1/4 cup roasted and salted pepitas