

# Crimson Bowl

DEVELOPED BY: University of Kansas

Servings: 2    Serving Size: 1 bowl

Ingredients	Quantity	Measure
Quinoa	1	Cup
Garbanzo beans, rinsed, drained	2	Ounces
Lettuce, chopped	2	Ounces
Tofurky Oven Roasted Chick'n	4	Ounces
Avocado, pitted, sliced	½	Each
<b>Pickled red onion</b>		
Red onion, julienne	½	Each
Apple cider vinegar	¼	Cup
White wine vinegar	¼	Cup
Agave	¼	Cup
Water	¼	Cup
Orange	1	Each
Salt	2	Tablespoons
Red pepper flakes	1	Tablespoon
<b>Green Goddess Dressing</b>		
Basil	½	Tablespoon
Parsley	½	Tablespoon
Avocado	2	Each
Oil	¼	Cup
Agave	1	Teaspoon
Salt	2	Teaspoons
Cayenne pepper	1	Teaspoon
Green onion	1	Ounce
Lemon juice	3	Tablespoons
Apple cider vinegar	1	Tablespoon

## Preparation

1. Cook quinoa in a saucepan at a 2:1 ratio for water about 20 minutes or until water has been absorbed.
2. Boil pickling liquid, squeeze orange and put in liquid during boil for about 15 minutes.
3. Pour pickling liquid over red onion, let sit at least two hours.
4. Take avocado, basil, parsley, vinegar, lemon juice and agave, add to a blender with spices and then blend while slowly adding the oil.
5. Cook Tofurky chick'n in a skillet with a small amount of canola oil, salt and pepper to taste.
6. Plate ingredients with quinoa as the base. Top with lettuce, garbanzo beans, chick'n avocado, pickled red onion, and Green Goddess Dressing.

