



Pivio Recipes

Chris' No Bake Peanut Butter Energy Balls

- 1 cup natural smooth peanut butter
 - 1 cup rolled oats
 - 2 tsp chia seeds
 - ½ cup unsweetened shredded coconut
 - ½ cup chopped pecans
(or walnuts) 1 tsp
vanilla extract
1. Mix all ingredients together in a large bowl.
 2. Roll into bite size balls with your hands.
 3. Store in the fridge for a couple hours before serving/eating.
 4. Keep in fridge for up to week and ENJOY!!

Savory Oatmeal

Who needs sweet oatmeal? Savory oats make a perfect breakfast, lunch, or dinner. To your bowl of cooked steel cut or rolled oats stir in mix-ins then top with toppings. Choose from the ideas below or use your imagination!

Need inspiration? Try one of these bowls:

olive oil
marinara sauce
basil & oregano
sautéed kale
caramelized onions
white beans
nutritional yeast

walnut oil
thyme & sage
nutritional yeast
sautéed mushrooms
chopped tomatoes
caramelized onions & garlic

olive oil
cumin & chili powder
black beans
avocado
chopped tomatoes
black olives
lime juice

olive oil
pesto
lemon juice
sautéed spinach
chopped tomatoes
Kalamata olives

miso
lime juice
ginger
tahini
sautéed greens
pumpkin seeds

kelp seasoning
chopped tomato
cubed tofu
avocado
kimchi

sesame oil
tamari
hot sauce
sesame seeds
snow peas
cubed tofu

sesame oil
nutritional yeast
tamari
sautéed greens
chopped scallions

peanut butter
chia jam
cacao nibs
walnuts
cinnamon

MIX-INS

extra virgin olive oil

TOPPINGS

nuts & seeds

sesame oil
walnut oil
nutritional yeast
chutney
pesto
low sodium tamari
hot sauce
beans
marinara sauce
natural peanut butter
chia jam
herbs & spices
kelp seasoning
miso
lemon/lime juice

chopped scallions
sautéed greens
sautéed mushrooms
peas/snow peas
sun dried tomatoes
poached egg
chick peas/lentils/black

avocado
kimchi/sauerkraut
cacao nibs
tahini
caramelized onions & garlic
chopped tomatoes
olives

Black Bean Brownies - No Flour Required!

- 1 ½ Cups Black Beans (1 15 oz can drained and rinsed well)
- 2 tbsp cocoa powder
- ½ Cup Quick Oats
- ¼ Tsp Salt
- 1/3 Cup Pure Maple Syrup, Agave, or honey
- 2 tbsp Sugar (or omit and increase Maple Syrup to ½ Cup)
- ¼ Cup Olive Oil
- 2 tsp Pure Vanilla Extract
- ½ tsp Baking Powder
- ½ - 2/3 Cup Chocolate Chips

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Combine all ingredients except chips in a food processor, and blend until completely smooth.

3. Stir in the chips, then pour into a greased 8X8 pan.
Optional: sprinkle the rest of the chocolate chips over the top.
4. Cook for 15 - 18 minutes, then let cool for at least 10 minutes before cutting.
(If they still look undercooked, place them in the refrigerator overnight and they will firm up.)
5. Makes 9 - 12 Brownies. Enjoy!

Sun-dried Tomato and Tahini Pasta

- 12 ounces pasta of choice
- $\frac{2}{3}$ cup tahini (I highly recommend Soom Foods or the 365 brand from Whole Foods)
- 1 cup sundried tomatoes packed in oil, not dried
- 2 tbsp oil from jar of tomatoes
- 2 cups vegetable broth
- 6 cloves garlic
- 1 large yellow onion
- 1-2 tbsp lemon juice about 1 lemon
- 1 tsp salt
- 2 tablespoons nutritional yeast
- $\frac{1}{2}$ tsp red pepper flakes
- black pepper to taste

Instructions:

1. Bring a large pot of salted water to a boil and cook pasta according to package instructions.
2. Roughly chop the onion and add to a pan with the oil.
3. Saute for about 5 minutes, then add in the garlic and continue to saute, about 2-3 more minutes.
4. Add the onion/garlic mixture to a blender with all remaining ingredients and blend until smooth.
5. Start with 2 cups of broth and add more as needed to reach your desired consistency, it will depend on the brand of tahini you used. It will also thicken when it heats up with the pasta, so keep that mind, you don't want it to start off too thick.

6. Taste and adjust flavors as desired. Combine the sauce with the cooked pasta.
7. You might have a bit of leftover sauce, depending on how saucy you like it (I always use it all), so it's perfect if you want to add any chicken or vegetables, or just save the extra sauce to use as a dip!
8. Stir to combine and let simmer for a few minutes to allow the flavors to blend. Garnish with fresh basil and red pepper flakes. Enjoy!

Sweet Potato, Kale, and Parsley Pesto Pizza

- 2 pounds pizza dough (see recipe below)
- 2 cups sweet potatoes, peeled and chopped
- 2 teaspoons garlic, minced
- ¼ teaspoon ground cinnamon
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- ½ cup fresh parsley, chopped
- 3 tablespoons roasted cashews
- 4 tablespoons extra-virgin olive oil
- ½ tablespoon nutritional yeast
- All-purpose flour, for dusting
- 2 cups shredded kale, preferably lacinato
- 2 cups fontina cheese, shredded
- ½ cup red bell peppers, diced

Instructions:

1. Preheat the oven to 450 degrees F. If you have a baking stone, preheat the stone on the center rack of the oven for at least 45 minutes.
2. Let the dough rest at room temperature while the oven preheats. Have all your toppings prepped and ready to go.
3. For the sweet potato puree, put the sweet potatoes in a medium saucepan and add water to cover. Bring to a gentle simmer over medium heat, and simmer until the sweet potatoes are just fork-tender, 6 to 8 minutes. Drain the sweet potatoes, then transfer to a food processor. Add the garlic, cinnamon, 1/4 teaspoon of the salt, and 1/8 teaspoon of the pepper. Process to a smooth, spreadable puree, scraping down the sides once or twice. Use immediately, or cover and keep at room temperature for a few hours.
4. For the pesto, put the parsley, cashews, oil, nutritional yeast, remaining 1/4

teaspoon salt, and remaining 1/8 teaspoon pepper in a small food processor or blender. Blend to a rough puree, scraping down the sides once or twice. If the pesto is too thick to drizzle, stir in a little water. Use immediately, or keep at room temperature for a few hours.

5. Lightly spray an 18x13-inch sheet pan with oil. Lightly flour a work surface, and place the dough on it. Dust the dough with flour and roll out the dough to a thick rectangle slightly smaller than the pan dimensions. Carefully transfer the dough to pan, then press the dough into the pan all the way to the edges.
6. Spread the sweet potato puree evenly over the dough, covering the entire surface with no rim. Evenly scatter the kale, fontina, and bell peppers over the pizza.
7. Bake until the pizza is puffed and well-browned on the edges and the cheese melts, 10 to 15 minutes. Drizzle on the pesto, and cut into 12 rectangles.

Smoky Red Lentil Soup With Spinach

- 2 tablespoons olive oil
- half of an onion, minced
- 2 carrots, peeled and minced
- 2 stalks celery, minced
- 3 cloves garlic, minced
- 2 tablespoons smoked paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1 1/2 cups red lentils, rinsed
- 5 cups vegetable broth
- one 14-ounce can full-fat coconut milk
- a lot of fresh spinach, chopped
- 2 teaspoons kosher salt (more or less to taste)
- juice of one lemon
- 1/4 teaspoon each of garlic powder, onion powder, and black pepper (optional)
- 2 teaspoons honey to taste (optional)

Instructions:

Heat the olive oil in a large soup pot over medium heat. Add the onion, carrot, and celery; sauté until softened, about 5-10 minutes.

1. Add the garlic, spices, and lentils. Stir to combine and let it stay on the heat for just a minute to get the garlic smelling really good.
2. Add the broth. Bring to a simmer; place lid partially on the pot and simmer for 10 minutes, stirring once or twice during cooking time.
3. Add coconut milk, spinach, salt, lemon juice, and season to taste. (I like a little drizzle of honey, and a couple shakes of garlic powder, onion powder, and cranks of freshly ground black pepper.)
4. Serve with a socca or some other flatbread for dipping and dunking.
Wholesome, colorful, and SO yummy!

Quick N' Healthy Veggie Pasta Salad

- 16 ounces Bowtie Pasta (or your favorite small pasta)
- 1 Cucumber (diced)
- 1 Red Bell Pepper (cored and diced)
- 1 Orange Bell Pepper (cored and diced)
- 1 Yellow Bell Pepper (cored and diced)
- 4 ounces Cherry Tomatoes (sliced in half)
- 15 ounces Chickpeas (garbanzo beans, drained and rinsed)
- 4 Large Garlic Cloves (minced)
- ½ cup Juice (of 2 lemons)
- 2 tablespoons Dijon Mustard
- 2 tablespoons Olive Oil
- add Mineral Salt & Fresh Cracked Pepper

INSTRUCTIONS

1. Pasta: Cook the pasta according to package directions.
2. Dressing: In a small bowl, whisk together garlic, lemon juice, dijon, oil, salt, and pepper. Set aside.
3. Assemble salad: Once veggies are prepped, using either a large mixing or serving bowl, or pot the pasta was cooked in, combine the pasta, veggies and dressing, toss well to coat.
4. Chill: Place in the refrigerator to chill for a few hours or enjoy as is.
5. Serve: Spoon into individual bowls and top with a squeeze of lemon and/or a light dusting of [Almond Parmesan](#). Enjoy the simples!

[Click here for more recipes](#)

Lemony Chickpea Soup with Spinach & Potatoes

This lemony chickpea soup is so simple to make and relies on 10 main ingredients-

plenty of them from the pantry! Half of the chickpea and potato base is blended to make this vegan and naturally gluten free soup extra creamy and satisfying.

4.99 from 79 votes



PREP TIME:20MINUTES MINS
COOK TIME:28MINUTES MINS
TOTAL TIME:48MINUTES MINS
SERVINGS [4](#)

Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onion, small dice
- 1 medium carrot, small dice
- 1 stick celery, small dice
- sea salt and ground black pepper, to taste
- 3 cloves garlic, minced
- ½ teaspoon ground chillies or chili flakes, or to taste
- 1 tablespoon fresh thyme leaves, minced
- 1 teaspoon lemon zest
- 3 medium new potatoes, cut into ¾ inch cubes (about 3 cups diced potato)
- 1 ½ cups cooked chickpeas, drained and rinsed if using canned

- 4 cups vegetable stock
- 4 cups baby spinach, not packed
- 1 teaspoon lemon juice, plus extra (see note)

Equipment

- Blender

Notes

- If you're not into the potatoes, you could substitute them with an equal amount of chopped cauliflower, being mindful that this will change the flavour to more of a classic cauliflower soup. I think celery root would also work here!
- I tend to favour super acidic and lemony flavours in my food. Start with the 1 teaspoon of lemon juice listed here and add more if you need to. I worked up to 1 tablespoon for my personal taste.
- I love using a homemade stock in a simple recipe like this. My technique and recipe can be found here.

Instructions

1. Heat a large, heavy bottomed pot over medium heat. Once the pot is hot, add the olive oil and swirl it around. Add the onions to the pot. Sauté and stir them occasionally until very soft and totally translucent, about 6-7 minutes. If they are beginning to brown, lower the heat.
2. Add the carrot and celery to the pot. Sauté with the onions, stirring occasionally, until celery is slightly softened around the edges, about 5 minutes. Season the vegetables with salt and pepper.
3. Add the garlic, chillies, thyme, and lemon zest to the pot and stir. Sauté until the garlic and lemon is super fragrant, about 1 minute.
4. Add the potatoes and chickpeas to the pot and season again with salt and pepper. Give everything a stir. Then add the vegetable stock to the pot. Give the soup another stir and place the lid on top.
5. Bring the soup to a boil and then lower the heat to a simmer. Set the lid askew on top of the pot so that some steam can escape. Keep simmering until the potatoes are very tender, about 15 minutes.
6. Carefully ladle half of the soup into the pitcher of an upright, vented blender. Blend this mixture on high until completely smooth. Pour the pureed portion of the soup back into the pot and stir. Add the baby spinach to the pot and stir again. Once the spinach is wilted, add the lemon juice and stir once more. Check the soup for seasoning and adjust if necessary (more lemon, salt, pepper, chili etc!).

7. Serve the soup hot with drizzles of olive oil and extra black pepper on top.

Thai Peanut Noodles Recipe

Nutty, slightly spicy sauce tossed with noodles, cooks in just 10 minutes. The easiest and fastest takeout dinner you can make in your own kitchen!

Prep Time	Cook Time	Total Time
2 mins	10 mins	12 mins



4.90 from 89 votes

Course: Main Dish Cuisine: Asian Keyword: noodles, takeout
Servings: 4 people Calories: 338kcal Author: [Anna](#)

Ingredients

- 1/4 cup smooth peanut butter
- 1/4 cup low-sodium soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons packed brown sugar or honey
- 1/2 teaspoon chili paste like sambal oelek
- 1 tablespoon rice vinegar or apple cider vinegar
- 2 garlic cloves minced
- 1/4 teaspoon ground ginger
- 3 tablespoons water
- 8 oz. noodles fettuccine, lo mein or other

Instructions

1. Cook noodles according to instructions on the package. Drain and keep warm.
2. Whisk all ingredients for sauce in a small bowl or measuring cup. Make sure the sauce is smooth and the peanut butter mixed well with all ingredients. Taste and add more chili paste if needed.
3. Heat up the sauce in a pan or in a microwave and pour over noodles. Toss to coat.
4. Garnish noodles with chopped green onions and toasted sesame seeds. Serve.

Baba Ganoush (Eggplant dip)

Eggplant is technically a fruit, low in calories while high in fiber and antioxidants. Eggplant helps with digestion, lowers blood pressure, and

may even help prevent cancer.

- 1 medium eggplant
- Juice and zest of 1 ½ lemon
- 1 clove garlic, peeled
- 2 tablespoons tahini
- 1 teaspoon cumin
- Pinch sea salt
- Optional za'atar spice

1. Preheat oven to 400 degrees.
2. Pierce eggplant several times with a fork, place on a roasting pan lined with parchment paper or foil for easy clean up.
3. Roast eggplant for about 45 minutes or until soft and browned.
4. Let cool, slice in half lengthwise, scoop out flesh (a bit of skin is ok) to a food processor with remaining ingredients.
5. Process until smooth and creamy, adding a tablespoon or so of water if needed.
6. Serve sprinkled with za'atar spice if desired and lots of raw veggies for dipping. Also makes a nice sandwich spread. Enjoy!

Za'atar Eggplant Pizza with Tahini Sauce

Inspired by some of my favorite Middle Eastern flavors, this Za'atar Eggplant Pizza is deliciously spiced with a balance of crispy and creamy texture.

Prep Time: 25 mins Cook Time: 10 mins

Ingredients

- 1 small to medium eggplant very thinly sliced
- ½ teaspoon kosher salt
- extra-virgin olive oil
- za'atar spice blend
- 1 (14- to 16-ounce) ball [pizza dough](#)
- 2 to 3 tablespoons chopped fresh herbs such as mint, parsley, and basil

For the tahini sauce (slightly adapted from the tahini sauce in Michael Solomonov and Steve Cook's ISRAELI SOUL cookbook)

- 1 cup tahini
- 1 tablespoon freshly squeezed lemon juice
- 1/8 teaspoon minced garlic
- 3/4 teaspoon fine sea salt
- 1/2 teaspoon ground cumin
- 3/4 to 1 cup ice water

Instructions

1. Preheat the oven to 500°F (if using a baking sheet) or as high as it will go (if using a baking stone/steel; place the stone/steel in the oven before you start preheating).
2. In a colander in the sink, toss the sliced eggplant with the salt. Let sit for 10 to 20 minutes, then pat the slices dry with paper towels and set aside on a plate.
3. Stretch or roll out your dough to a 12-inch circle, then transfer it to an oiled baking sheet or a floured pizza peel (if using a baking stone/steel).
4. Brush the eggplant slices on both sides with a little oil and season generously with the za'atar spice blend.
5. Arrange the seasoned eggplant slices on the dough, and brush the edges of the dough with a little olive oil.
6. Transfer the pizza to the oven and bake until the crust is golden and the eggplant looks dry and has browned a bit, 8 to 10 minutes on the baking sheet, 6 to 8 minutes on the baking stone/steel.
7. While the pizza bakes, make the tahini sauce. Combine the tahini, garlic, lemon juice, salt, and cumin in a food processor. Process just until combined (about 30 seconds), then keep the motor running and stream in the ice water until the mixture lightens and the sauce becomes smooth and drizzly.
8. Take the pizza out of the oven. Drizzle with the tahini sauce and sprinkle with the fresh herbs. Slice and serve.

TVP Ground Beef Substitute Recipe

Ingredients:

- 1 large white or yellow onion diced
- Two large tomatoes diced
- 1 cup carrots finely diced/minced

- 1 Tablespoon Vegan Worcestershire sauce (or an alternative vegetable umami sauce)
- 1 Tablespoon Natural Pecan Liquid Smoke (or 1/4 teaspoon smoked paprika will do)
- 1 Teaspoon garlic powder
- 1 Teaspoon onion powder
- 1/2 Teaspoon paprika
- 1/4 Teaspoon black pepper
- 1 Cup textured vegetable protein (TVP)

Instructions:

- In a separate bowl mix together TVP, spices and sauces. Let sit for at least 10 minutes while cooking the vegetables
- Heat in a pan diced onions and tomatoes with 1/4 cup of water for about 8 minutes on medium heat stirring occasionally until onions are translucent in color
- Add minced carrots to the pan with onion and tomatoes. Cook for 5 minutes.
- Add TVP mix to the pan and sauté for another 10 minutes or until TVP is browned to your liking.
- Use immediately or store in airtight container in fridge for a week, or freeze for use another day

Enjoy as a ground beef substitute for any recipe you want. If you want Italian mix in Italian seasoning to your taste. If you want Mexican mix in your favorite no salt taco seasoning. Sloppy joes can be made by adding tomato paste and a small amount of molasses or another sweetener such as: honey, simple syrup, dark corn syrup, or maple syrup. Use the the sweetener sparingly, a little goes a long way.

Yogi Bhajan Tea

- 30 whole cloves
- 30 whole green cardamom pods
- 30 black peppercorns
- 5 cinnamon stick
- Fresh ginger - (large finger - peel and slice thin)
- 1 black tea bag

Bring one gallon of water to a boil. Add all spices except for the tea bag. Boil for 30-40 minutes (longer is stronger). Add the black tea bag and boil for another 5 minutes. Remove from stove, strain out spices, let cool (have a cup first) and pour into container(s). Keeps in the refrigerator for a good week.

You can add milk (and honey if you want). Pour the tea into a cup and slowly add the milk. The milk will help ease the shock of the spices on the stomach and intestines so drink with mild if you're sensitive.

The tea is added to the spiced water because it amalgamates the spices and sort of seals them. The tannins in the tea help assimilate the spices into the body.

Drink the tea daily as it purifies the blood, lungs and circulatory system and cleans the liver.

The “spicy” benefits:

Ginger: Universal medicine in Ayurveda medicine

Best herb for nausea and vomiting

Aides in digestion and is assimilative generally

Relieves cold spasm and cramps

Supports menstruation

Synergistic with onions and garlic (The Trinity Roots in Ayurveda medicine)

Diabetes: stimulates pancreas cells by lowering lipids (cholesterol/triglycerides) in the blood

In Ayurveda medicine ginger is considered the best medicine for arthritis (especially osteoarthritis)

High in calcium and iron

Increases peripheral circulation (good for cold hands and feet)

Good treatment for cold and flu

Cinnamon: Mild herb Increases general vitality

Warms & energizes the body

Counteracts congestion

Stops diarrhea

Improves digestion

Relieves abdominal spasms

Anti-rheumatic

Aids in peripheral blood circulation

Stops excessive bleeding

Supports menstruation

The person who would benefit most from cinnamon is cold, dry and frail – often has osteoarthritis, asthma and digestive problems.

Cardamom: Excellent digestive enhancer

Treats gastralgia, enuresis (involuntary urination)

Spermatomia

Phlegm

Indigestion

Flatulence

Appropriate for lung related formulas

Aids the spleen, stomach, and lungs

Cloves: Promote circulation in the lungs & stomach

Treats cough and enhances digestion
Herbalists use cloves to aid in the lymph system
The volatile oil is a powerful analgesic
Known to lower triglycerides and blood sugar

Black Pepper: In Asia it's known as the foremost detoxifier and anti-aging herb

Black pepper is a warming remedy
It increases circulation
Lowers blood pressure
Contains compounds that prevent osteoporosis
Reduces free radicals
Black pepper is an antioxidant and prevents the depletion of glutathione
Prevents destruction of other antioxidants such as vitamin A
Treats sinus congestion
You can boil 10 peppercorns in mild, strain and drink

Chilled Garbanzo Salad



Good morning, I made this chilled garbanzo salad yesterday. It's also good with cilantro, any kind of onion and lemon juice instead of the herbs, shallot and lime.

Soft Oatmeal Raisin Cookies - No Butter

Prep Time: 11 minutes

Cook Time: 14 minutes

Total Time: 25 minutes

Makes: 8 -9 cookies

Ingredients:

- 1/4 cup vegetable oil (I use avocado oil)
- 6 Tablespoons brown sugar (1/4 cup + 2 Tbsp.)
- 1 egg
- 1 teaspoon vanilla
-
- 1 1/4 cups rolled oats
- 1/2 cup all purpose flour
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 1/4 cup raisins

Instructions:

1. Preheat oven to 350° F.
2. Line a baking sheet with parchment paper.
3. With electric hand mixer on medium-high, beat oil, sugar, egg & vanilla in a bowl for 1 minute.
4. On low speed, stir in oats, flour, baking soda & salt.
5. Fold in raisins.
6. Using a scoop, shape into 2-inch balls and place onto baking sheet.
7. Bake for 14 minutes. Do not over bake.
8. (Recipe can be doubled.)

Note: Can also be made with all butter or half butter / half oil, as long as you have 4 tablespoons of fat. That version is under the "Sweets" category.

Chocolate Chip Cookie Pie

Ingredients:

- 2 cups White beans (cooked)
- 1 cup Quick Oats (rolled oats work but grind them up a little first)
- 1 cup Dates (soaked and pitted)
- 3/4 teaspoons Sea Salt
- 2 teaspoons Baking Powder
- 1/2 teaspoon Baking Soda
- 1/2 cup Unsweetened Apple Sauce
- 2/3 cups Unsweetened Plant-Milk (of your choice)
- 1 tablespoon Vanilla Extract
- 1/2 cup Dairy-Free Chocolate Chips

Instructions:

1. Preheat oven to 350 F and grab yourself a silicon round pan - ideally 8 to 10 inches (it doesn't make a huge difference in timing). If you don't have a silicon pan then LIGHTLY grease your metal one. If you've got a

springform pan that's probably ideal! You could also try and line it with parchment. Lots of options here.

2. Throw all your ingredients (except the chocolate chips) into a food processor and blend till it's smooth.

3. Scrape that stuff into your pan and add the chocolate chips (and any other mix-ins) in and stir around. If you're using parchment to line the pan maybe you'll need to mix it in a bowl or something first.

4. Bake for 35-40 minutes. You can make it extra gooey if you undercook it (30 minutes or so).

Let it cool at least 15 minutes before you attempt to take it out of the pan.

SMASH it into your face. Tastes even better if you add some dairy free ice cream to the top!

Spaghetti Squash Mash

Poke holes in a spaghetti squash and microwave for 15-20 minutes & let this cool while you proceed to the next step.

Dice/chop and sauté 3 onions, 6 cloves of garlic, a small carton of cherry tomatoes in 2 tsp of olive oil.

Scoop the seeds out of the center of the squash and then scoop the strings of squash into the pan w/the veggies and continue to cook all these veggies together until combined and soft.

Add a small can of green chilies, one can of Rotel diced tomatoes, and a small can of white beans (no sodium) to the pan and mix.

Mix all together, add seasonings that you prefer - I used za'tar, garlic powder, Italian spices and a dash of crushed red pepper, black pepper & just a dash of sea salt to taste.

Zesty Quinoa Black Bean Salad

Ingredients:

1 cup quinoa

4 cups water

1/4 cup extra-virgin olive oil

1 lime, juiced (about 2-3 tablespoons)

2 teaspoons ground cumin

1 clove garlic, crushed or finely grated

1 teaspoon salt

1/8-1/4 teaspoon cayenne or dried, ground jalapeno or other dried chili, or more to taste

1 1/2 cups halved cherry tomatoes

1 (15 ounce) can black beans, drained and rinsed

5 green onions, finely chopped

1/4 cup chopped fresh cilantro

salt and ground black pepper to taste

1. Bring water and salt to a boil in a saucepan, then add quinoa. Boil quinoa for 9 minutes or until tender (not crunchy). Drain quinoa in fine meshed sieve. Set aside to cool.
2. Mix olive oil, red pepper, cumin, and garlic together and let mixture sit for 10 minutes for flavors to extract into the oil.
3. Add a small (1/8 tsp) amount of salt to the lime juice and stir. Taste the lime juice and keep adding very small amounts of salt until the edge has come off the flavor of the lime juice (that is, you don't react with a strong pucker). Lime juice should still taste sour and not salty.
4. Whisk lime juice and olive oil together to create a vinaigrette. Taste it to make sure flavors are well balanced.
5. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour vinaigrette over quinoa mixture; toss to coat. Stir in cilantro; check flavor and season with salt and black pepper if necessary. Serve immediately or chill in refrigerator (PS- I usually make this salad the day before I serve it).