

|  |
| --- |
|  **Peru Quinoa Cake** |
| **YIELD 2 SERVINGS** Ingredients1 cup of quinoa cooked¼ cup jicama cubed¼ cup shaved red onion¼ cup yellow corn¼ cup cucumber cubed1 tbsp chopped cilantro¼ cup cubed mango¼ cup chopped tomato1 tbsp chia seeds1 tbsp fresh lime juice¼ cup avocado oilPinch of coconut sugar2 tbsp champagne vinegarSalt & pepper to tasteC:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for nut free logoImage result for gluten free logoNutritional’s Per Serving□ Calories 460 Cal □ Protein 15 grams□ Fiber 6 grams□ Sugar 4 grams□ Fat 16 grams□ Carbs 54 grams |  PREP 15 MIN | COOK 15 MIN | TOTAL 30 MINImagePreparationsBring 2 cups of water to a boil in a medium size saucepan. Add the quinoa with a pinch of salt and stir well then leave uncovered and reduce the heat and simmer for 15 minutes. Add the chia seeds once the quinoa is cooked then set aside in a bowl and allow to cool. Once cooled down fluff with a fork and place in the refrigerator while you prepare the fruits and vegetables. You want to serve your quinoa mix chilled.Prepare your veggies! Make sure you clean all your vegetables and fruit thoroughly they will be served raw on top on the cake. When chopping try to make uniform cuts to the fruit and vegetables for consistency or use a steal cube/slicer. Start by preparing the jicama. You can either buy it cubed in the grocery store or buy it whole. If you have a whole jicama, make sure you peel it then cut ¼ inch slices and dice into square cubes. Chop up your tomato and make sure to discard the seeds. Follow by dicing your cucumber and then peel your mango and cut think strips around the pit which is in the center of the fruit. Take the strips and cube them up. Chop up the cilantro. Add all the fruit and vegetables into a bowl then toss in the corn. Juice a lime and set aside.To make the vinaigrette pour the oil into a bowl, toss in the champagne vinegar, lime juice, cilantro then add a pinch of sugar and salt and pepper to taste. Whisk together in a bowl or pour in a dressing bottle and shake well. Pour half of the vinaigrette in the quinoa mix and the other on the cubed vegetables. Mix well and finish seasoning to taste.Then take a biscuit cutter and place it on your serving plate. Fill the quinoa mix and pack its full leaving ¼ of an inch of space at the top. Make sure the quinoa mix has a smooth flat service across the top of the cake. Then take your mixed fruit and vegetables and layer the top of the quinoa cake till it reaches the top of the biscuit cutter about ¼ inch think. Once the cake is packed with all the ingredients slowly pull the biscuit cutter up and your cake should remain in-tact. Garnish with a sprig of fresh cilantro or chives and your dish is ready to enjoy!**Tips**This is the perfect summer dish because it served chilled! However, this simple dish is also a showstopper because of how it’s plated and garnished. Make it for date night or if you need an upscale dish for entertaining. You can make all sizes of this or even serve it in small glasses with a petite spoon for an appetizer. This is a classy dish that tastes light and fresh. To elevate this dish even further drizzle a cilantro oil over the plate or around the cake and it will pop with color and add additional flavor to the dish. |