

THE LATIN KITCHEN

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Para Llevar

Bored by your daily deskside salad? **Packed**, a new cookbook with more than 90 “make and take” recipes, will perk up your office lunch. Bonus points: the dishes are as healthy as they are delicious. BY AMANDA CARGILL



Kale, Almond, Quinoa, & Goji Berry Salad

- 1/3 cup quinoa
- 1 tbsp. almonds, whole
- 1 large handful of curly kale leaves, large stalks removed
- 1 tsp. extra-virgin olive oil
- Pinch of sea salt
- Juice of 1 lemon
- 1 tsp. dried goji berries
- 1 small handful of mint leaves, finely chopped
- 1 small handful of parsley leaves, finely chopped

Put quinoa and 1/2 cup water in pan. Bring to boil, then cover and simmer until water is absorbed and quinoa is soft and fluffy. Set aside.

In small saucepan, toast almonds over medium heat 1 to 2 minutes, stirring regularly, until golden brown. Remove from pan and leave to cool.

Meanwhile, place kale in bowl and add oil, salt, and lemon juice. Massage kale in mixture to be sure it is well coated. Add remaining ingredients and cooked quinoa to kale and mix well.

Transfer to large sealable jar or container and keep cold until ready to eat.

Makes 1 Serving

Speedy Burrito Bowl

(Pictured on page 87)

- 1/4 cup canned kidney beans, drained and rinsed
- 1/2 scallion, sliced
- 1/4 red pepper, deseeded and chopped
- 1/2 avocado, chopped
- 1 handful of cherry tomatoes, cut into quarters
- 1/2 tsp. mild chili powder
- 1 tsp. olive oil
- 1 handful cilantro leaves, chopped (optional)
- Squeeze of lime
- Sea salt
- Freshly ground black pepper
- 1/2 cup cooked black rice

Place kidney beans, scallion, red pepper, avocado, and tomatoes in bowl.

In separate bowl, mix together chili powder, oil, and cilantro, if using, and stir. Add to kidney bean mixture and stir well. Add squeeze of lime, sea salt, and freshly ground pepper to taste. Place in portable container alongside rice.

Makes 1 Serving

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Warm Chorizo, Tomato, and Chickpea Salad

- 3 small chorizo sausages, roughly sliced
- 2 scallions, sliced diagonally
- ½ red pepper, deseeded and sliced
- 1 handful of cherry tomatoes, cut in half
- 1 cup canned chickpeas, rinsed
- Freshly ground black pepper
- 1 large handful of arugula leaves

Lemon wedge (optional)

Place chorizo, scallions, and red pepper in nonstick frying pan without oil. Cook 8 minutes, stirring often, until chorizo is cooked through and has slightly charred edges.

Add tomatoes and chickpeas, and stir. Add black pepper to taste.

Tip mixture into vacuum food flask, add arugula leaves, and seal. Pack lemon in separate container, if using, to squeeze over salad just before serving.

Makes 1 Serving



MEET THE CHEFS

Becky Alexander is a UK-based cookbook editor and author of a biweekly food column focused on seasonal, local food. Michelle Lake is a registered Nutritional Therapist and graduate of the esteemed Institute of Optimum Nutrition. She runs a nutritional therapy consultancy, Mission Nutrition, in the UK.

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Very Berry Granola Bars

- 1 cup rolled oats
- 2 tbsp. extra-virgin coconut oil
- 2 tbsp. honey
- 2 tbsp. nut butter of choice
- 1 tsp. vanilla extract
- 3 tbsp. raw, shelled pistachio nuts, roughly chopped
- ¾ cup dried shredded coconut
- 2 tbsp. dried goji berries

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Go to the latin.kitchen.com/para-llevar.

Preheat oven to 350°F. Line 9 x 6-inch baking pan with parchment paper. Spread oats over parchment in single layer and bake 15 minutes until golden. In saucepan, cook oil, honey, nut butter, and vanilla over medium-low heat until oil is melted and contents in pan are well combined.

Stir in baked oats until well coated. Add remaining ingredients and mix well.

Tip mixture back into parchment paper-lined baking pan and press down firmly using damp hands.

Place in refrigerator at least 1 hour and then cut into 8 bars. Wrap each bar in parchment and store in airtight container for up to one week.

Makes 8 Servings



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*Puede tomar hasta 6 semanas