

One Pan Mexican Quinoa

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapenos, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

Instructions

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro. Serve immediately.

Nutritional Analysis – Serves 8

Good points

- No cholesterol
- Low in sodium
- High in dietary fiber
- High in magnesium
- Very High in phosphorus
- Very high in vitamin B6



Nutrition Facts

Serving Size 211 g

Amount Per Serving

Calories 360 Calories from Fat 83

% Daily Value*

Total Fat 9.2g **14%**

Saturated Fat 9.2 **9%**

Trans Fat 0.0g

Cholesterol 0mg **0%**

Sodium 107mg **4%**

Potassium 1254mg **36%**

Total Carbohydrates 55.8g **19%**

Dietary Fiber 12.5g **13%**

Sugars 3.5g

Protein 16.7g

Vitamin A 12% • Vitamin C 23%

Calcium 9% • Iron 26%

Nutrition Grade A-

* Based on a 2000 calorie diet