

Mexican Quinoa

Ingredients:

1 teaspoon olive oil
 2 cloves garlic, minced
 1 jalapeno, minced
 1 cup quinoa
 1 cup vegetable broth
 1 (15-ounce) can black beans
 1 (14.5 oz) can fire-roasted diced tomatoes
 1 cup corn kernels, frozen, canned or roasted
 1 teaspoon chili powder
 1/2 teaspoon cumin powder
 Juice of 1 lime
 Salt to taste
 Fresh cilantro leaves to taste, chopped



*VEGAN



*GLUTEN-FREE

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 247mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Heat olive oil in a large skillet or pot over medium heat. Add the garlic and jalapeno, and sauté for about one minute.
2. Add the rest of the ingredients, except for the lime juice, chopped cilantro, and salt. Bring it to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 30 minutes, until all the liquid is absorbed. Let it sit covered with the lid for an additional 10 minutes. Stir in lime juice, add salt to taste and top with chopped cilantro.
3. Keep leftovers in the refrigerator for up to five days, or freeze for later use.

Recipe modified by Maggie Carneiro, from the website damndelicious.net