

Quinoa and Black Beans

Ingredients:

Serves 10

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- 3/4 cup uncooked quinoa
- 1 1/2 cups vegetable broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- salt and pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro



Directions:

1. Heat the oil in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned.
2. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt, and pepper.
3. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes.
4. Stir frozen corn into the saucepan, and continue to simmer about 5 minutes until heated through.
5. Mix in the black beans and cilantro.
6. Serve when warm.

Nutrition Facts

| | | | |
|--|-----------|---------------------------|----------------------------|
| Serving Size 1 cup | | Servings Per Container 10 | |
| Amount Per Serving | | | |
| Calories | 110 | Calories from Fat | 15 |
| % Daily Value* | | | |
| Total Fat | 1.5g | | 2% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 30mg | | 1% |
| Total Carbohydrate | 19g | | 6% |
| Dietary Fiber | 4g | | 16% |
| Sugars | 2g | | |
| Protein | 5g | | |
| Vitamin A | 2% | Vitamin C | 4% |
| Calcium | 4% | Iron | 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat | 9 | Carbohydrate 4 • Protein 4 |