

# One Pan Mexican Quinoa

## Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 2 cloves garlic, minced
- 1 jalapenos, minced
- 1 cup quinoa
- 1 cup low-sodium vegetable broth
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (14.5 oz.) can fire-roasted diced tomatoes
- 1 cup fresh or frozen corn kernels
- 1 tsp chili powder
- ½ tsp cumin
- 1 avocado
- Juice of one lime
- 2 Tbsp chopped fresh cilantro leaves



Servings: 4



\*SOY FREE

## Instructions:

1. Heat olive oil in a large skillet over medium heat.
2. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
3. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with sea salt, when using other low-sodium ingredients.
4. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes.
5. Stir in avocado, lime juice and cilantro.
6. Serve immediately. Makes 4 servings.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 610mg	<b>27%</b>
<b>Total Carbohydrate</b> 45g	<b>16%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 81mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 614mg	<b>15%</b>

\*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.