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Vibrant Mexican Quinoa

By Maggie Collins

Prep Time	Cook Time	Total Time	Servings
15 min	20 – 30 min	35 – 45 min	

Ingredients

- 1 cup quinoa
- 1/2 onion, chopped
- 3 cloves garlic, minced
- 1 jalapeno, chopped
- 1 1/2 cup vegetable broth
- 1 can black beans (15 oz), drained
- 1 can diced tomatoes (14.5 oz)
- 1 cup corn kernels, cooked, frozen, or canned
- 1 teaspoon chili powder
- 1/2 teaspoon cumin powder
- Juice of 1 lime
- 1/4 cup fresh cilantro, chopped

Instructions

1. Add the quinoa to a medium skillet and toast it at medium heat while completing the second step.
2. Add ¼ cup of the vegetable broth to a medium pan, along with the garlic, onion, and jalapeno, and cook until the broth has evaporated. If it starts to stick, add a bit more broth as needed, one tablespoon at a time.
3. Add the toasted quinoa to the pan, along with the beans, corn, the rest of the vegetable broth, and the spices.
4. Bring it to a boil, cover, reduce the heat and simmer until the quinoa is cooked and all the liquid is absorbed (~ 20-30 minutes).
5. Let it sit covered with the lid for an additional 10 minutes. Stir in lime juice, top with chopped cilantro and serve.

Nutrition Facts	
4 servings per container	
Serving size	1 ½ cup (407 g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 780 mg	34%
Total Carbohydrate 38 g	14%
Dietary Fiber 9 g	32%
Total Sugars 8 g	
Incl. 0 g Added Sugars	0%
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 77 mg	6%
Iron 3 mg	15%
Potassium 240 mg	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.	

Bonus Tips

- Keep leftovers in the refrigerator for up to seven days, or freeze for later use.
- If you wish to reduce the sodium content, use low-sodium or salt-free ingredients.

Check it Out

- Whole foods plant-based
- Gluten free
- No added oil