

Southwestern Quinoa Skillet

Ingredients:

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|--|---------------------------------------|
| 1 tablespoon extra-virgin olive oil | 1 teaspoon ground cumin |
| 1/2 cup onion, chopped | 1 teaspoon Mexican oregano |
| 1 cup corn kernels | 1/4 teaspoon kosher salt |
| 1 tablespoon garlic, chopped | 1/8 teaspoon ground black pepper |
| 1 cup quinoa, uncooked | 2 tablespoons lime juice |
| 1 can Rotel original diced tomatoes & green chilies, undrained | 1/2 large avocado, diced |
| 1 cup water | 2 tablespoons cilantro, chopped fresh |
| 1 can Rosarita black beans, drained and rinsed | |
| 1 teaspoon chili powder | |

Directions:

1. Heat oil in a large skillet over medium heat. Add onion and corn; cook for about 5 - 7 minutes or until onion is soft and corn is lightly browned.
2. Add garlic and cook for about 1 minute, stirring frequently.
3. Stir in quinoa, undrained tomatoes, water, beans, chili powder, cumin, oregano, salt, and pepper; bring to boil. Reduce heat and simmer, covered, 20 minutes or until quinoa is cooked through.
4. Stir in lime juice and serve with avocado and cilantro.

Nutrition Facts

Serving Size (338g)	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 38g	13%
Dietary Fiber 12g	48%
Sugars 4g	
Protein 8g	
Vitamin A 15%	Vitamin C 40%
Calcium 6%	Iron 15%
*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	

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