Southwestern Quinoa Skillet

Ingredients:

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

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

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

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