

One-Pan Mexican Quinoa

Make Ahead Meal



INGREDIENTS

- | | |
|--|--------------------------------|
| 1 Tbsp olive oil | 1 can (15 oz) chopped tomatoes |
| 1 clove garlic, minced | 1/2 cup corn, frozen or canned |
| 1 tsp. cumin | 1/4 cup jalapeño, chopped |
| 1 cup quinoa | 1/2 cup lime juice |
| 1 cup water | 1 avocado |
| 1 can (15 oz) black beans, no salt added | cilantro, chopped (to taste) |

DIRECTIONS

1. Heat olive oil in large skillet, medium-high heat.
2. Add garlic and cumin. Stir continuously for 1 minute.
3. Add beans, tomatoes, corn, jalapeños, and quinoa. Stir well. After 1 minute, add 1 cup water.
4. Bring to a boil, cover and reduce heat to a simmer for 20 minutes to cook quinoa.
5. While quinoa cooks, dice avocado.
6. After 20 minutes, remove from heat. Keep covered and let rest for 5 minutes.
7. Add cilantro, avocado and lime juice. Stir well. Enjoy!

NOTES

To reheat from frozen: let thaw overnight in the fridge. Heat in microwave or on stovetop.