

Mexicali Quinoa

Ingredients

2 large tomatoes, diced	1/2 yellow onion, diced
1/2 red bell pepper, diced	2 cloves garlic, minced
1 cup corn	2 cups black beans, low sodium, drained
2 cups cooked quinoa	2 jalapeno peppers, diced
1 cup cilantro	1 avocado, cut up
3 Tbsp lemon juice	Pepper to taste

Instructions

1. Preheat oven to 350 F
2. Place onion and red pepper in a large saucepan and sauté over medium heat for 10 minutes. Add 1-2 Tbsp water to keep veggies from sticking to pan.
3. Add garlic and jalapeno and cook for 2 minutes, then add corn, beans chopped tomato, lemon juice and cooked quinoa.
4. Place in a casserole dish and bake for 30 minutes.
5. Add chia seeds, cilantro and salt and pepper as needed and stir.
6. Garnish with avocado. Eat warm or cold.

Nutrition Information per serving:

Serving Size: 8

Calories: 160

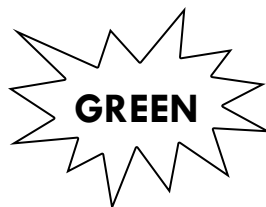
Fat: 5 gm

Sodium: 190 mg

Fiber: 7 gm

Carbohydrates: 27 gm

Protein: 6 gm



Kitchen Classroom

Cilantro is an herb in which the leaves are commonly used to flavor Mexican and Indian foods. The seed of the cilantro plant is known as coriander.

How to store: Store in refrigerator with cut ends in a jar of water and leaves loosely covered with a plastic bag for several days. Change water every 2 days. Or store in a plastic bag for a week.

How to prepare: Wash and pat dry before using, as the leaves attract sand.



TheDaCare has established guidelines to categorize Green, Yellow and Red recipes—see your Health Coach for detailed information.