

# ONE PAN MEXICAN QUINOA

## Main Dish

Makes six servings (1 cup each)

Each serving has 230 calories, 4.5 grams (g) fat, 39 g carbohydrate, 7 g fiber and 450 milligrams (mg) sodium.

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- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 jalapeno, minced
- 1 c. quinoa
- 1 c. vegetable broth
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 1 c. corn
- 1 tsp. chili powder
- ½ tsp. cumin
- Salt and pepper to taste
- 1 zucchini, diced
- 3 Tbsp. lime juice
- 2 Tbsp. fresh cilantro, chopped

Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeno and sauté for about 1 minute, stirring frequently. Stir in quinoa, broth, beans, tomatoes, corn, zucchini, chili powder and cumin. Sprinkle salt and pepper to taste. Bring to a boil. Cover, reduce heat and simmer until quinoa is cooked (about 20 minutes). Stir in lime juice and cilantro.

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