



One Pan Mexican Quinoa



Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

Preparation

- 1.** Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
- 2.** Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
- 3.** Serve immediately.

WAC Fun Food Fact

One dish wonders are a busy person's best friend. This tasty dish only takes 25 minutes and only has 3 steps, can't get better than that! Make this dish on a weeknight and bring leftovers for lunch the next day.