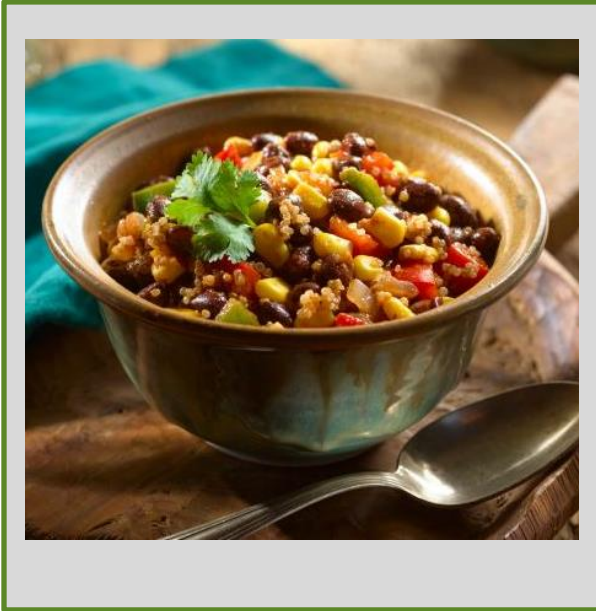


Recipes makes:



## Ingredients-

- ♥ 1 cup Black Beans
- ♥ 1 cup Dark Red Kidney Beans
- ♥ 1 cup Tricolor quinoa blend
- ♥ Crushed habanero
- ♥ ¼ cup Olive Oil
- ♥ 1 zucchini
- ♥ 1 cup corn
- ♥ 1 sliced avocado
- ♥ ½ cup fresh cilantro
- ♥ 2 cloves garlic minced
- ♥ 1 onion chopped
- ♥ 1 teaspoon ground cumin
- ♥ 1 teaspoon chili powder
- ♥ 1 teaspoon dried oregano
- ♥ 1 -16 ounce can tomato sauce

## PREPARATION:

1. In a medium pot, bring quinoa, 1½ cups water and 1 tbsp. of olive oil to a boil. Reduce heat, cover and let simmer for 20 minutes, until water is absorbed and quinoa is tender. Set aside.
2. In large pot heat remaining olive oil, over medium heat.
3. Add zucchini, garlic, onion and sauté for 10 minutes until tender.
4. Add the beans, tomato sauce and corn.
5. Stir in dry ingredients and cooked quinoa.
6. Bring to boil and then reduce heat. Let simmer, covered, for 25 minutes.
7. Garnish with avocado slices and serve warm.

Nutrition Facts			
Serving Size: 1 serving (297.5g)			
Servings: 8			
Amount Per Serving			
Calories	400	Calories from Fat 110	
		% Daily Value*	
Total Fat	12g	19%	
Saturated Fat	2g	9%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	120mg	5%	
Total Carbohydrate	59g	20%	
Dietary Fiber	14g	56%	
Sugars	14g		
Protein	15g		
Vitamin A	20%	•	Vitamin C 45%
Calcium	8%	•	Iron 20%
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g