

Tex-Mex Quinoa

Chef Andy of Ru's Pierogi & Alchemy

RECIPE MAKES: 6 SERVINGS

INGREDIENTS

- ♥ 1 cup Quinoa
- ♥ 1 10 oz. can tomato and green chilies (low sodium)
- ♥ 1 diced small onion (1 cup)
- ♥ 1 green bell pepper diced (1 cup)
- ♥ 3 cloves fresh garlic, minced
- ♥ 2 cups frozen corn
- ♥ 1 cup chicken stock or veggie stock
- ♥ 4 oz. cilantro
- ♥ 2 limes
- ♥ Olive oil (drizzle)

NUTRITION INFO

| Nutrition Facts | |
|-------------------------------|-----------------------|
| servings per container | |
| Serving size | (269g) |
| Amount per serving | |
| Calories | 200 |
| | % Daily Value* |
| Total Fat 2.5g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 41g | 15% |
| Dietary Fiber 7g | 25% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 41mg | 4% |
| Iron 2mg | 10% |
| Potassium 590mg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Heat pan over high heat, add a drizzle of extra virgin olive oil, let heat 30 sec to a minute, add onion and peppers, sauté for a min or two, add garlic, sauté another minute or two, add corn and stir, add tomatoes and stir, add quinoa, stir to combine, add veggie stock, bring to a boil
2. Cover and let simmer for 15 minutes then let stands 3-5 minutes
3. Add cilantro and stir to combine, serve with lime garnish

Healthy Options

