

# Tex Mex Quinoa

Chef *Andy* of Ru's Pierogi

RECIPE MAKES: 6 SERVINGS

## INGREDIENTS

- ♥ 1 cup tri-color quinoa
- ♥ 1 oz. Olive oil
- ♥ 1 small onion, diced (1 cup)
- ♥ 1 green bell pepper, diced (1 cup)
- ♥ 3 cloves garlic, minced
- ♥ 2 cups frozen corn
- ♥ 1 10 oz. can tomato and green chilies (low sodium variety)
- ♥ 1 cup chicken or vegetable stock (no salt added)
- ♥ 4 oz. cilantro

**Note: 1 oz. = 2 Tbsp.**

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(274g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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 1 oz. extra virgin olive oil, let heat 30 seconds to a minute
2. Add onion and peppers, sauté for a minute 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
3. Cover and let simmer for 15 minutes then let stands 3-5 minutes
4. Add cilantro and stir to combine, serve with lime garnish

Healthy Options

