



Southwest Quinoa Skillet

SERVING: 1 CUP
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- Cooking Oil Spray
- 1/2 cup Yellow Onion, Chopped
- 1 pkg Corn, frozen
- 1 tsp Minced Garlic
- 1/2 cup White Quinoa, uncooked
- 1 can (10 oz each) Diced Tomatoes, undrained
- 1 cup Water
- 1 can (15 oz each) Black Beans, drained, rinsed
- 2 tbsp Lime Juice (about 1 lime)
- 2 tbsp Fresh Cilantro, chopped, or 1 tbsp Dried Cilantro Leaves
- 1 large Avocado, pitted, peeled, diced

Seasonings

- 1 tsp Chili Powder
- 1 tsp Ground Cumin
- 1 tsp Oregano Leaves
- 1/2 tsp Black Pepper
- 1/4 tsp Salt

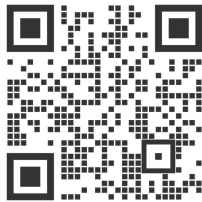
Nutrition Facts

6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 37g	13%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2.6mg	15%
Potassium 490mg	10%
<small>* The % Daily Value (DV) 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.</small>	

Directions

- 1.Coat a large pan with cooking oil spray over medium high heat. Add onion and corn; cook until onion is soft and corn is lightly browned, about 5 to 7 minutes. Add garlic and cook, stirring frequently, until fragrant, about 1 minute.
- 2.Stir in quinoa, undrained tomatoes, water, beans, chili powder, cumin, oregano, salt and pepper; bring to a boil. Reduce to medium heat and simmer, covered, 20 minutes or until quinoa is cooked through.
- 3.Stir in lime juice and cilantro and top with avocado.

*Cost information includes lower cost ingredients found at local grocery store 02/03/23.



Cost Per Recipe	Cost Per Serving
\$4.14	\$0.69



Nutrition *fact sheet*

HEALTHY FAT IS GOOD FOR YOUR BODY

Top 5 reasons to enjoy healthy fats

1. Maintain radiant skin
2. Manage weight
3. Lower risk of heart disease
4. Absorb health-sustaining vitamins
5. Stabilize blood sugar levels



Eat more of these fats

Monounsaturated Fat

- Olive, canola, safflower, sesame and peanut oil
- Nuts and seeds
- Olives
- Avocados
- Nut and seed butters

Polyunsaturated fat

- Fatty fish: salmon, mackerel, herring, light tuna, sardines, trout
- Flaxseed
- Nuts and seeds
- Corn, soybean, flaxseed, walnut and sunflower oil

Eat less of these fats

Saturated Fat

- Fatty beef, lamb, pork
- Poultry with skin
- Egg yolks
- Butter, lard, shortening
- Whole milk dairy products, including cheese
- Desserts, chips, cookies, chocolate
- Fried foods

Trans Fat

- Processed foods
- Crackers, cookies, salty snacks
- Fried foods
- Baked goods, such as donuts, cake and pie
- Some stick spreads

