

Tex-Mex Black Bean and Quinoa Bowl



Nutrition Information:

53g carbohydrates

478 calories

22g fat

8g saturated fat

650mg sodium

12g fiber

20g protein

Ingredients:

1 cup water

1 cup quinoa

1 tsp. ground cumin

2 tsp. extra virgin olive oil, plus 2 tsp.
divided

2 tsp. rice wine vinegar

1 tsp. salt

¼ tsp. pepper

4 cups very thinly sliced cabbage

2 cups chopped red onion

1 medium poblano pepper, chopped

115 oz. can black beans, rinsed

2 tsp. chili powder

1 cup shredded sharp cheddar cheese

1 cup salsa

Directions:

1. Bring water to boil in medium saucepan and add quinoa. Reduce heat, cover and simmer until the water is absorbed (about 15 minutes). Fluff with a fork and stir in cumin. Set aside.
2. Whisk 2 tsp. olive oil, vinegar, salt and pepper in a large bowl. Add cabbage and onion; toss to coat.
3. Heat the remaining 2 tsp oil in a medium skillet over medium heat. Add poblano and cook, stirring until softened, 3 minutes. Stir in beans and chili powder until heated through. Remove from heat.
4. To serve, layer in each bowl: quinoa, bean mixture, and cheddar cheese. Top each layer with bean mixture, cheddar cheese, cabbage salad, and 2 tsp. salsa.