



Southwest Quinoa Pilaf

Work: 15 min **Total:** 40 min

Packed with fiber and protein, quinoa is an ultra-satisfying whole grain.

- 1 tbsp olive oil
- 1½ cups chopped onion
- 6 garlic cloves, minced
- 1¼ cups quinoa
- ½ tsp ground cumin
- 1 14-oz can low-sodium chicken broth
- 1 15-oz can black beans, rinsed and drained
- 1 cup frozen corn, thawed
- 1 tomato, diced
- ½ cup peeled, diced jicama

- 2 scallions, thinly sliced
- 1 jalapeño pepper, seeded and finely diced
- 2 tbsp fresh lime juice
- ¼ tsp salt
- 2 tbsp chopped cilantro

1. In a 4-quart Dutch oven, heat oil over medium heat. Add onion and garlic; cook until onion is tender, stirring occasionally, about 5 min. Rinse and drain quinoa. Add quinoa and cumin to onion and garlic in Dutch oven. Cook and stir until quinoa is lightly browned, about 3 min.

2. Add broth and 1¼ cups water to quinoa mixture. Bring to a boil, reduce heat and simmer, covered, until quinoa is tender and all liquid is absorbed, 15 to 20 min.

3. In a separate bowl, combine beans, corn, tomato, jicama, scallions, jalapeño, lime juice and salt. Divide cooked quinoa among six plates and top with bean salsa; sprinkle with cilantro. **SERVES 6**

Per serving: 260 calories, 5 g total fat, 0.5 g sat fat, 438 mg sodium, 46 g carbs, 0 chol, 12 g protein, 7 g fiber