



The Kitchen at Second Harvest One Pan Tex-Mex Quinoa try at home recipe

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Ingredients

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced (optional)
- 1 cup quinoa
- 1 cup vegetable broth
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes
- 1 cup corn
- 1 tsp. chili powder
- 1/2 tsp. cumin
- 1 avocado
- Juice of 1 lime
- 2 tbsp. chopped cilantro
- Salt and pepper to taste

Yield: 4 servings
Serving Size: 1 cup



Directions

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste.
3. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes.
4. Stir in avocado, lime juice, and cilantro.
5. Serve immediately

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and ways to get involved!



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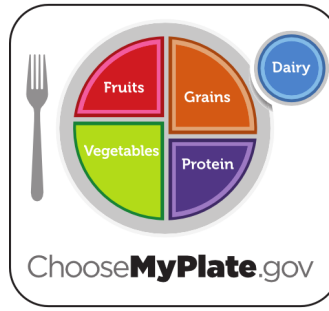


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Cooking Tips

- Garnish with cheese, green onion, and Greek yogurt.

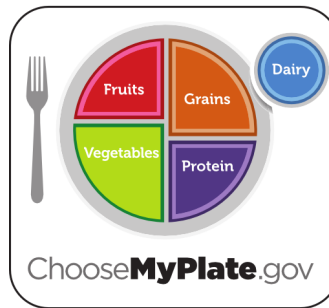
Second Harvest is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 950mg	41%
Total Carbohydrate 71g	26%
Dietary Fiber 19g	68%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 5.04mg	30%
Potassium 1128mg	25%

*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.

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