

Cooking with the DIETITIANS

Delicious Quinoa Bowls

Time: 30 minutes

Servings: 5

INGREDIENTS

- 3 cups water (or low sodium broth)
- 1.5 cup quinoa, rinsed and drained
- 1 lime, juiced
- 1 tsp ground cumin
- 1 (15oz) can reduced-sodium black beans, drained and rinsed
- 1 cup tomatoes, diced
- 1 bell pepper, diced
- 1 avocado, pit removed, diced
- 1 bunch green onions, chopped
- 3 Tbsp balsamic vinaigrette



DIRECTIONS

1. Bring water to boil on the stove. Add the quinoa and lower to a simmer, cover and cook for 12-15 minutes, or until the water has evaporated and the quinoa has fully cooked (like rice).
2. Turn off heat and let sit for 5-10 minutes. Fluff with a fork and allow to cool slightly.
3. Toss the quinoa with the lime juice, cumin, black beans, tomatoes, and bell peppers. Top each serving with avocado, green onions and small amount of vinaigrette and serve.

NUTRITION FACTS (PER SERVING):

Calories: 276, Total Fat: 7g, Saturated Fat: 1g, Sodium: 170mg, Potassium: 749mg, Carbohydrates: 47g, Fiber: 9g, Sugar: 4g, Protein: 11g, Vitamin A: 17%, Vitamin C: 73%, Calcium: 9%, Iron: 22%

Recipe adapted from: <http://www.twopeasandtheirpod.com/fajita-quinoa-bowls>

A collaboration with USF Dining.

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