

## Black Beans and Quinoa

### Ingredients:

- 1 cup quinoa
- 1 15 ounce can black beans, rinsed and drained
- 1 15 ounce jar salsa
- 1 large handful toasted pumpkin seeds
- Head of lettuce, washed and separated into leaves

### Directions:

In a medium saucepan, toast quinoa dry for 2 minutes over medium heat. Add 2 cups water and bring to a quick boil. Reduce heat, cover, and simmer for 12-15 minutes until quinoa is tender and tails have popped. When quinoa is done, add beans and salsa, gently stirring to combine well. Cover and cook for 1 minute or until dish reaches desired temperature. Fold in pumpkin seeds and serve on a bed of lettuce leaves.

Makes 4 servings.

Optional tips for additional flavor:

- Use vegetable broth in place of water to cook quinoa.
- Stir in big handfuls of chopped fresh cilantro and/or chives when you stir in pumpkin seeds.
- In place of lettuce leaves, cut the tops off of 4 raw red bell peppers, tap open ends together to empty of seeds, and stuff with equal portions of the prepared quinoa and beans.

## Nutrition Facts

Serving Size 1 serving (347g)  
Servings Per Container 4

### Amount Per Serving

**Calories 360**    **Calories from Fat 90**

% Daily Value\*

**Total Fat** 10g    **15%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 1160mg    **48%**

**Total Carbohydrate** 54g    **18%**

Dietary Fiber 13g    **52%**

Sugars 6g

**Protein** 17g

Vitamin A 130%    •    Vitamin C 6%

Calcium 8%    •    Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Source: SHAPE magazine. 15 Fast and Easy Meals for the Girl who Doesn't Cook.

<http://www.shape.com/healthy-eating/meal-ideas/15-fast-and-easy-meals-girl-who-doesnt-cook?page=9>