



Black Beans and Quinoa

Number of Servings: 8

Serving Size: 1 cup

Equipment:

Rice cooker

Ingredients:

- 1 cup uncooked red or regular quinoa
- 2 15-ounce cans black beans, drained and rinsed
- 1 cup fresh cilantro, chopped
- 2 green onions, sliced
- 1 small jalapeno pepper, seeded and finely diced
- 2 carrots, peeled and chopped
- ¼ cup olive oil
- 2 Tablespoons fresh lime juice, about 2 limes
- Zest of 1 lime
- 1 teaspoon cumin, ground
- 1 teaspoon chili powder
- 1 teaspoon salt

Directions:

Rinse quinoa well. Cook quinoa according to package directions. Combine cooked quinoa and all other ingredients. Mix well.

Cost per recipe: \$7.98

Cost per serving: \$1.33

MyPlate servings: ½ serving of grain, ¾ serving of vegetable

Nutrition Facts

Serving Size 1 cup
Serving Per Container 8

Amount Per Serving

Calories 274

% Daily Values*

Total Fat 9g		14%
Saturated Fat 1g		5%
Trans Fat 0g		
Polyunsaturated Fat 2g		
Monounsaturated Fat 5g		
Cholesterol 0mg		0%
Potassium 611mg		17%
Sodium 266mg		11%
Total Carbohydrate 39g		13%
Dietary Fiber 8g		32%
Sugars 2g		
Protein 11g		22%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>