

Whole Grain/Bean
Lunch/Dinner
Recipe

Rice Cooker

***Black Beans
and Quinoa***



Ingredients:	Approx. Cost
1 cup uncooked Red or Regular Quinoa	\$3.70
2 15oz can black beans, rinsed	\$1.78
1 cup fresh cilantro, chopped	\$.79
2 green onions, sliced	\$.34
1 small jalapeno pepper, seeded and finely diced	\$.14
2 carrots, peeled and chopped	\$.50
¼ cup olive oil	\$1.75
Juice of 1 or 2 limes (1 - 2T) plus zest of 1 lime	\$.90
1 teaspoon each ground cumin, chili powder and salt	\$.75
Total	\$10.65

of one cup servings: 8

Cost per serving: \$1.33

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

Nutritional Information per 1 cup serving

Calories 278

Total Fat	14	g
Saturated Fat	2	g
% of daily total	9	%
Carbohydrates	32	g
Protein	8	g
Fiber	5	g

% of
daily total

Vit. A	20%
Vit. C	8%
Calcium	5%
Iron	19%
Good Source of* B vitamins (except B12, Vitamin A, Iron, Copper, Magnesium, Manganese, Potassium and Zinc)	
10% or more of the RDA	

based on 2000 calorie diet

