

## Southwest Quinoa

Ingredients:

1c dry quinoa (cook with 2c water)  
1 15-oz can of unsweetened whole kernel corn  
1 15-oz can of low sodium black beans  
1 4-oz can of diced green chiles  
1/2c diced tomatoes  
½ yellow onion, diced  
1Tbsp McCormick Salt-Free Southwest seasoning mix

Directions: Bring quinoa and water to a boil, then reduce to low heat and cover for 10-15 minutes until water is absorbed. Rinse and strain the beans and corn. Once quinoa has finished cooking combine with corn, beans, green chilies, tomatoes, onion, and fajita seasoning. Serve warm or chilled. Makes 4-5 1cup servings.

Nutrition Info per 1cup:

288 calories  
57g carbs  
3g fat  
14g protein  
9g fiber  
434mg sodium

***(IT WAS DECIDED AFTER THE TASTE TESTING BY STAFF THAT THIS RECIPE COULD USE A CAN OF ROTEL TO SPICE IT UP!)***