

Mexican Quinoa Bake

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-quinoa-bake-recipe>

Ingredients:

- 1 cup quinoa uncooked
- 1/2 bell pepper
- 1/2 white onion medium
- 1/2 cup salsa any type
- 1 can black beans rinsed
- 1 cup sweet corn frozen is fine
- 1/4 cup shredded sharp cheddar cheese
- 1 handful fresh cilantro
- 1/4 cup guacamole or avocado, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 13 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 750 milligrams
9. Sugar: 4 grams

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