

# {One Skillet} Mexican Quinoa

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 2 tablespoons olive oil
- 1 red onion small, chopped
- 1 red bell pepper chopped
- 1 jalapeno seeded and diced
- 1 zucchini medium, washed and chopped into quarters
- 2 cloves garlic minced
- 14 ounces fire roasted diced tomatoes drained well
- 15 ounces black beans drained and rinsed
- 1 cup quinoa uncooked, rinsed
- 1 cup low sodium vegetable broth
- 1 1/2 cups frozen corn kernels
- 1 1/2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- salt
- black pepper
- 1 avocado halved, seeded, peeled and diced
- 1 lime
- 2 tablespoons cilantro leaves chopped fresh

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 80 grams
3. Fat: 18 grams
4. Fiber: 21 grams
5. Protein: 19 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 790 milligrams
8. Sugar: 7 grams

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