



Spicy Mexi-Bowl *Serves 1*

This spicy Mexican-inspired quinoa and beans bowl is a quick to prepare and nutrition-rich meal that can be made ahead for take-to-work lunches or mix up a big batch for a family dinner.

We recommend making four servings at once - that way you use up the whole avocado - and can cook 3/4 cup of dry quinoa which should give you about 2 1/4 cups cooked.

Ingredients & Supplies

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| 1 | Mason Jar, 2-cup size |
| 1 Tablespoon | Red wine vinegar |
| 1 teaspoon | Lime juice |
| 1/4 medium | Avocado (Haas/Florida), peeled and chopped |
| 7 medium | Grape tomatoes, halved |
| 1 Tablespoon | Red onion, chopped (more or less to taste) |
| 1 Tablespoon | Jalapeno, deseeded and chopped |
| 1/2 cup | Quinoa, cooked |
| 1/2 cup | Black beans, low-sodium canned, rinsed OR cooked from dry |
| 1 teaspoon | Cilantro, fresh, chopped |

Directions

1. Layer ingredients in a mason jar in order listed.
2. Keep refrigerated for 3-5 days depending on quality of mason jar seal.
3. To serve, empty ingredients into bowl, toss to combine, and enjoy!

Nutrition per serving

365 calories, 10 grams fat (1.5 grams saturated fat, 0 trans fat), 0 cholesterol, 153 milligrams sodium, 59 grams carbohydrates, 13 grams fiber, 4 grams natural sugar, 14 grams protein.

