

Lunch | Dinner

One Pan Mexican Quinoa

10-15 Mins
Prep Time

20-25 Mins
Cook Time

4
Servings

264 Calories **8g** Fat **40g** Carbs **9g** Protein



Ingredients

4 Servings **30-40 Mins** Total Time

Allergens: Corn

1 Tbsp Extra Virgin Olive Oil	1, 14.5 oz Can Fire-Roasted Diced Tomatoes
2 Cloves Garlic, minced	1 Tsp Chili Powder
1 Jalapeno, minced	½ Tsp Cumin
1 Cup Quinoa, dry	Salt and Black Pepper, to taste
1 Cup Vegetable Broth	1 Avocado, diced
1 Cup Frozen Corn Kernels	Juice of 1 Lime
1, 15 oz Can Black Beans, drained and rinsed	2 Tbsp Fresh Cilantro, chopped

Allergen Swap

Corn Omit the corn.

Nourishment Note



Black Beans

Black beans contain healthy amounts of fiber. Fiber can help promote a healthy heart as well as digestive regularity, a challenge common with multiple sclerosis.



Quinoa

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals and antioxidants to help keep your body working it's best.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Garlic & Jalapeno

Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeno. Cook stirring until fragrant, about 1 minute.

3. Add Remaining Ingredients

Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin. Season with salt and pepper to taste.

4. Bring to Boil & Let Simmer

Bring to a boil. Cover, reduce heat and simmer until quinoa is cooked through, about 15-20 minutes.

5. Top & Serve

Top with avocado, lime juice and cilantro.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: damndelicious.net

What You'll Need



Measuring Cups



Measuring Spoons



Large Skillet with Lid



Wooden Spoon



Cutting Board



Knife



Can Opener

Fatigue Buster

- Use a garlic press to press the garlic instead of mincing to reduce the use of hands. Sometimes more costly than fresh garlic, pre-minced garlic can also be used to omit preparing garlic.
- Replace the fresh jalapeno with a diced, canned version to omit preparing the jalapeno.
- Sit on a stool while preparing this recipe to help conserve energy levels. Sitting requires less energy than standing.
- Although often costly, if a hand can opener is too difficult to use, automatic versions can be helpful assistive cooking devices to minimize the use of hands.