

Quinoa and Black Beans

Very flavorful alternative to black beans and rice. Quinoa is a nutty grain from South America.

Prep: 15 mins

Cook: 35 mins

Total: 50 mins

Servings: 10

Ingredients:

- 1 teaspoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- $\frac{3}{4}$ cup quinoa
- 1 $\frac{1}{2}$ cups vegetable broth
- 1 teaspoon ground cumin
- $\frac{1}{4}$ teaspoon cayenne pepper
- salt and ground black pepper to taste
- 1 cup frozen corn kernels
- 2 (15 ounce) cans black beans, rinsed and drained
- $\frac{1}{2}$ cup chopped fresh cilantro



Directions:

Step 1 Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.

Step 2 Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.

Step 3 Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Nutrition Facts

153 calories; protein 7.7g 15% DV; carbohydrates 27.8g 9% DV; fat 1.7g 3% DV; cholesterol 0 mg; sodium 516.9mg 21% DV.

Easy Tuna Patties

Prep time: 15 min Cook time: 10 min Ready in: 25 min Serves: 8 small patties, or 4 large patties

Ingredients:

- 2 eggs
- 2 tsp lemon juice
- 3 tbsp grated parmesan cheese
- ½ cup Italian seasoned bread crumbs
- 3, 5 oz. cans, tuna, drained
- 3 tbsp diced onion (half of small onion)
- 3 tbsp diced celery (1-2 celery sticks)
- 1 pinch ground black pepper
- 2 tbsp canola oil

Directions:

- 1.) Beat eggs and lemon juice in a large bowl. Stir in parmesan cheese and bread crumbs to make paste.
- 2.) Fold in tuna, onion and celery until well-mixed. Season with black pepper
- 3.) Scoop out and shape tuna into 8, 1-inch thick patties
- 4.) Heat oil in a skillet over medium heat, cook patties until golden brown, about 5 minutes per side.

Nutrition facts per serving: 208 calories, 12 g total fat, 110 mg cholesterol, 384 mg sodium, 12 g total carbohydrate, 1 g fiber, 12 g protein

Notes: tuna patties are delicious when eaten alone, combine with a starch, topped on salad or dipper in sauce! Try out sauce recipe below for a creamy kick!

Spicy Greek Yogurt Dipping Sauce:

3 tbsp. plain Greek yogurt

1-2 tsp Siracha Chile sauce

Mix ingredients together in a bowl. Add more Siracha sauce if greater spice desired.