

Quinoa Taco Salad Bowl

Yield: 6 servings

Calories per serving: 267 (not including additional toppings or bowl)

Fat per serving: 10.1g

Ingredients

- Olive oil spray
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 2 teaspoons taco seasoning
- ½ - 1 chipotle chili pepper in adobo sauce, chopped fine
- ½ cup quinoa, rinsed
- 1 cup vegetable broth
- 1 lime, juiced
- 2 cups cooked pinto beans (about 1 can)
- 1 ½ cups frozen corn, thawed
- ¼ cup chopped cilantro
- 6 cups romaine lettuce
- ½ cup grated Cheddar or Daiya
- 1 avocado, sliced
- 1 cup salsa
- For serving: tortilla chips OR tortilla bowl, sour cream/Greek Yogurt

Instructions

1. Spray a medium skillet well with olive oil spray. Add chopped onion and cook for 10 to 12 minutes, until tender. Add garlic, taco seasoning, chipotle chili and quinoa. Cook for 2 minutes, stirring frequently. Add vegetable broth and bring to a simmer. Reduce to low and cook for 30 to 35 minutes.
2. Stir in lime juice, pinto beans, corn and cilantro. Cover and let sit off the heat for 5 minutes. Fluff.
3. Fill bowls (either regular or tortilla bowls) with romaine lettuce. Top with quinoa mixture, cheese, avocado and salsa. Serve with tortilla chips and sour cream or Greek Yogurt.

Notes

Servings 6, Calories 267 (not including chips/bowl/sour cream), Fat 10.1g, Carbohydrates 36.1g, Protein 11.5g, Cholesterol 10mg, Sodium 657mg, Fiber 8.9g, Sugars 4.9g, WW Points 7

<http://www.cookingquinoa.net/quinoa-taco-salad-bowl/>