

Black Bean & Quinoa Tacos

Makes 6 – 8 tacos
Lacto-ovo Vegetarian

Ingredients

1 medium yellow Onion (peeled and sliced thinly)
2 tablespoons Olive Oil
1 14 ounce can Black Beans (drained)
½ cup Red Onion (diced)
½ cup Salsa
1 cup Quinoa, red or white, cooked
1 cup shredded Romaine lettuce
½ cup Cheddar Cheese, reduced fat (shredded)
1 lime (cut into quarters)
1 avocado, sliced
1 cup plain Yogurt, fat free
Cilantro

6 – 8 6" Corn Tortillas

Directions

In a medium sauté pan heat 2 tablespoons of olive oil over high heat. Once oil is hot add sliced onions. Cook for 2 – 3 minutes. Add the drained black beans to the pan. Keep stirring and mashing some of the black beans. Add salsa and simmer. The mixture is done cooking when the beans are darker brown and they have lost their shininess, about 10 minutes. Add cooked quinoa for the last five minutes. Place tortilla's on cookie sheet and heat at 375 degrees Fahrenheit for 5 minutes on each side or until slightly brown around the edges. Fill the tortilla with the black bean mixture. Top with cheese, red onion, lettuce, avocado, and a squeeze of fresh lime. Top with yogurt and cilantro.



Why Black Beans
instead of Chop meat?

Heart Protective:

High in Fiber

Rich in Folic Acid and
Leucine

No saturated fat or
cholesterol in Beans!

