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One Skillet Mexican Quinoa

One Skillet Mexican Quinoa is a delicious and healthy vegetarian recipe inspired by Mexican cuisine. It combines quinoa, black beans, corn, tomatoes, and spices to create a flavorful and filling dish. It can be served as a main course or as a side dish. The recipe is easy to make and can be prepared in just 30 minutes.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Quinoa
200 g	Black Beans
150 g	corn
200 g	Tomatoes
2 tsp	cumin

1 tsp	chili powder
1 tsp	garlic powder
1 tsp	onion powder
1 tsp	salt
1 tsp	black pepper
500 ml	vegetable broth
2 tbsp	olive oil
2 tbsp	lime juice
20 g	Cilantro
100 g	Avocado

Directions

Step 1

Preparation

Rinse the quinoa under cold water.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

In a large skillet, heat olive oil over medium heat. Add the rinsed quinoa and toast for 2-3 minutes, stirring occasionally.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Add vegetable broth, cumin, chili powder, garlic powder, onion powder, salt, and black pepper to the skillet. Stir well to combine.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Bring the mixture to a boil, then reduce heat to low. Cover and simmer for 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Preparation

Meanwhile, drain and rinse the black beans and corn. Dice the tomatoes and chop the cilantro. Set aside.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Once the quinoa is cooked, remove the skillet from heat. Stir in the black beans, corn, tomatoes, lime juice, and chopped cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Serve the One Skillet Mexican Quinoa hot, topped with diced avocado.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 6 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	3 g	10.71%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	230 mg	6.76%	8.85%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Cuisines

Mexican

Course

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Events

Picnic

Diet

Anti-Inflammatory Diet

Nutritional Content

High Protein

Low Carb

High Fiber

Low Sodium

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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