

Southwest Quinoa Veggie Bowl

Ingredients

- 1 cup cooked quinoa
- 1/4 cup black beans
- 1/4 cup corn (fresh or grilled)
- 1/4 avocado, diced
- 1/4 cup chopped cherry tomatoes
- 1 tbsp chopped fresh cilantro
- Juice of 1/2 lime
- Pinch of cumin and chili powder

Instructions

1. Add quinoa to bowl.
2. Top with beans, corn, tomatoes, and avocado.
3. Sprinkle spices and cilantro.
4. Squeeze lime juice and toss.

Benefits

Balances blood sugar, adds plant protein, supports digestion and immunity.