

Quinoa and Black Beans

Ingredients:

- * 1 tbsp of water or vegetable broth
- * 1 onion, chopped
- * 3 cloves garlic, peeled and chopped
- * 3/4 cup uncooked quinoa
- * 1.5 cups vegetable broth
- * 1 tsp ground cumin
- * 1/4 tsp cayenne pepper
- * 1 cup frozen corn kernels
- * 2 (15 oz) cans black beans, rinsed and drained
- * 1/2 cup fresh cilantro, chopped
- * Salt and pepper to taste



Directions:

Heat tablespoon of water/broth in a medium saucepan over medium heat. Stir in the onion and garlic, and sauté until lightly browned. Mix quinoa into the saucepan and cover with vegetable broth. Season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer 20 minutes. Stir frozen corn into the saucepan and continue to simmer about 5 minutes until heated through. Mix in the black beans and cilantro.

Quinoa is a good source of magnesium,
a mineral that relaxes blood vessels.