

VEGETARIAN TACO SALAD

Prep Time 0 mins | Cook Time 13 minutes | Yields 5 servings



INGREDIENTS

2 tablespoons extra-virgin olive oil
1 large yellow onion
1 ½ cups fresh corn kernels or frozen
1 large tomato
1 bag of Seeds of Change Organic Quinoa & Brown Rice with Garlic
1 15-ounce can black beans, rinsed
1 tablespoon chili powder
1 ½ teaspoons dried oregano
1 ½ teaspoon cumin
¼ teaspoon salt
Salsa to taste
Shredded Cheese to taste
Spinach or Romaine to taste

INSTRUCTIONS

- 1) Heat oil in a large nonstick skillet over medium heat. Chop onion and add onion and corn to the skillet, stirring until the onion begins to brown, about 5 minutes.
- 2) Chop 1 tomato and add to the skillet.
- 3) Microwave rice following the directions on the package.
- 4) When the rice is finished, add it to the skillet as well as the beans and spices and continue to stir occasionally for five more minutes.
- 5) Serve with your choice of salsa, shredded cheese, and/or leafy greens. Enjoy!

Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories	273
% Daily Value *	
Total Fat	8 g 12 %
Saturated Fat	1 g 5 %
Monounsaturated Fat	4 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	594 mg 25 %
Potassium	487 mg 14 %
Total Carbohydrate	44 g 15 %
Dietary Fiber	6 g 25 %
Sugars	4 g
Protein	8 g 16 %
Vitamin A	13 %
Vitamin C	10 %
Calcium	10 %
Iron	11 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	