

# Cheesy Black Bean & Quinoa Skillet

Get a hefty portion of plant protein from the quinoa and beans!

## INGREDIENTS

- 1  $\frac{3}{4}$  cups water
- 1 cup quinoa
- $\frac{1}{2}$  teaspoon salt, divided
- 2 tablespoons avocado oil or other neutral oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1  $\frac{1}{2}$  cups corn kernels (from about 2 ears)
- 1 poblano pepper, chopped
- 1 medium tomato, chopped
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 (15 ounce) can black beans, rinsed
- 1  $\frac{1}{4}$  cups shredded extra-sharp Cheddar cheese, divided
- Chopped cilantro for garnish
- Salsa or pico de gallo for serving (optional)

## DIRECTIONS

### STEP 1

Preheat oven to 400°F. Combine water, quinoa and  $\frac{1}{4}$  teaspoon salt in a medium saucepan; bring to a boil over high heat. Reduce heat, cover and simmer until the water is absorbed, about 15 minutes. Remove from heat, fluff and partially cover.

### STEP 2

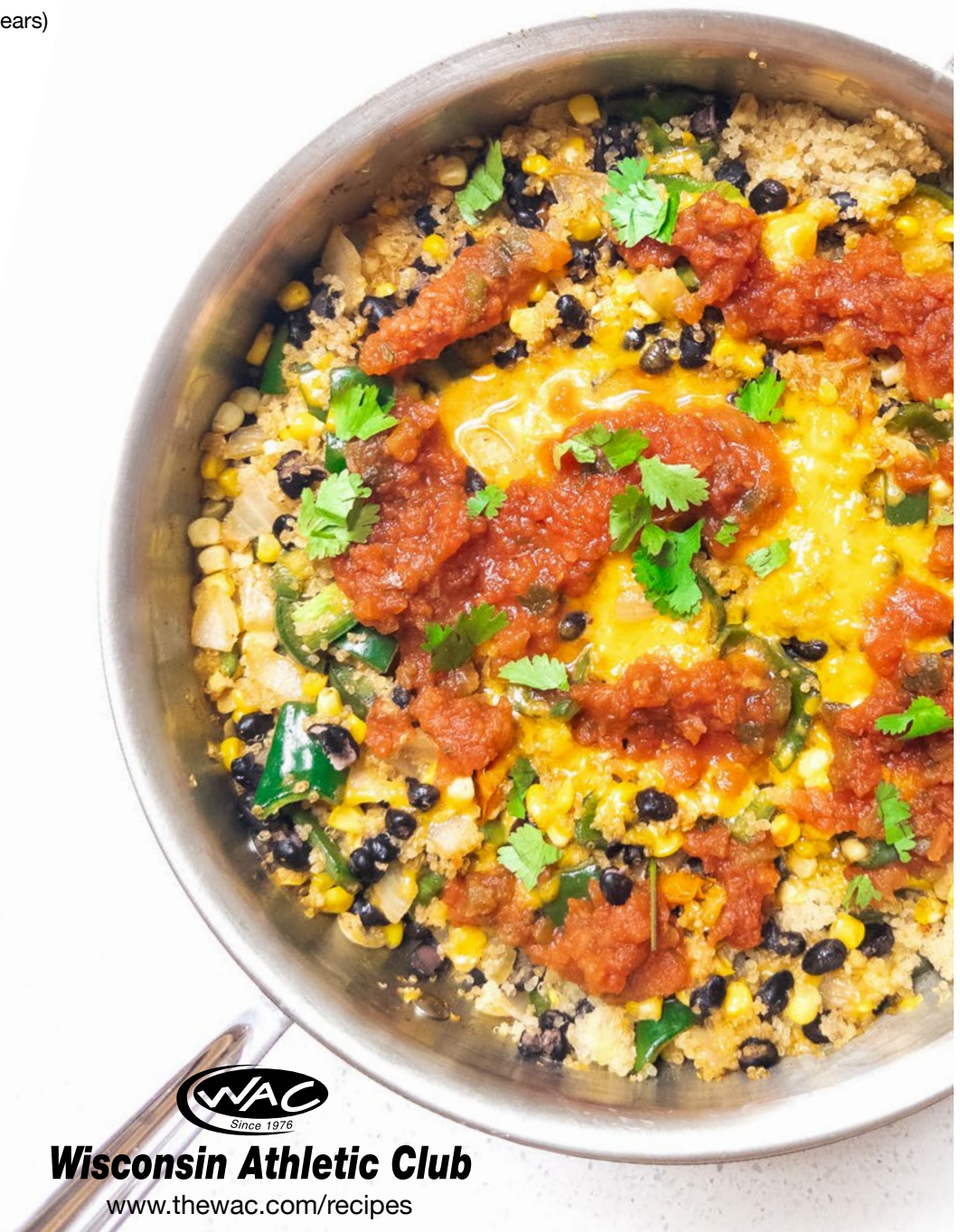
Meanwhile, heat oil in a large ovenproof skillet over medium heat. Add onion; cook, stirring, until starting to soften, about 3 minutes. Add garlic; cook, stirring, until fragrant, 30 seconds. Add corn, poblano, tomato, chili powder, cumin and the remaining  $\frac{1}{4}$  teaspoon salt; cook, stirring, until the vegetables have softened, about 5 minutes. Stir in beans, the cooked quinoa and  $\frac{3}{4}$  cup cheese. Spread into an even layer and sprinkle with the remaining  $\frac{1}{2}$  cup cheese.

### STEP 3

Bake until the casserole is hot and the cheese has melted, about 15 minutes. Serve sprinkled with cilantro and with salsa (or pico de gallo) on the side, if desired.

## NUTRITION FACTS

Serving Size: 1  $\frac{1}{3}$  cups | Total servings: 4  
Per Serving: 507 calories, total carbohydrate 58g, dietary fiber 10g, total sugars 10g, protein 21g, total fat 23g, saturated fat 8g, cholesterol 35mg



**Wisconsin Athletic Club**

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