



Cajun Quinoa with Red Beans

Recipe Courtesy Chef Bryan Woolley

3/4 cup uncooked quinoa
2 ½ cups vegetable broth, setting aside 1 cup
1 medium onion, chopped
3 cloves garlic, peeled and chopped
1 large red bell pepper, stemmed, seeded and chopped
2 medium carrots, diced
2 tsp Cajun seasoning
1 tsp ground cumin
¼ tsp cayenne pepper
1 15-oz can red beans, rinsed and drained
2 Tbsp fresh lemon juice
2 tsp dried oregano

1. Cook quinoa according to directions on package, substituting vegetable broth for water.
2. In large skillet, combine 1 cup vegetable broth, onion, garlic, pepper, carrots, and spices; bring to a boil. Reduce heat, cover and cook, stirring occasionally, until vegetables soften, about 3-5 minutes.
3. Turn heat to low; add beans, lemon juice and oregano. Cook until liquid evaporates.
4. Add cooked quinoa to bean mixture. Toss to combine.
5. Divide and serve. Makes 6 servings.

Nutrition Facts

Serving Size: 1/6 recipe
Calories: 190
Total Fat: 2g
Saturated Fat: 0.2g
Cholesterol: 0mg
Sodium: 260g
Carbohydrates: 34g
Dietary Fiber: 8g
Protein: 8g

Diabetic Exchanges

Protein: 1
Fat: 0.4
Carbohydrates: 2