



This quinoa and black bean bowl is full of plant-based protein, healthy fats, and fiber. It's perfect for a nutrient-dense lunch or dinner on the go!

Quinoa & Black Bean Power Bowl

Ingredients:

- Cooked Quinoa: 1/2 cup (90 g)
- Black Beans (canned, drained, and rinsed): 1/2 cup (80 g)
- Avocado: 1/4 medium (50 g), sliced
- Cherry Tomatoes (halved): 1/4 cup (35 g)
- Corn (frozen or fresh): 1/4 cup (40 g)
- Red Bell Pepper (diced): 1/4 cup (30 g)
- Lime Juice: 1 tbsp (15 ml)
- Olive Oil: 1 tsp (5 ml)
- Ground Cumin: 1/4 tsp (1 g)
- Salt: 1/4 tsp (to taste)
- Black Pepper: 1/4 tsp (to taste)
- Fresh Cilantro (optional): 1 tbsp (5 g), chopped

Macronutrients:

- **Calories:** ~380 kcal
- **Protein:** 12 g
- **Carbohydrates:** 50 g
 - **Fiber:** 10 g
 - **Sugars:** 6 g
- **Fat:** 15 g
 - **Saturated Fat:** 2 g

Instructions:

1. Prepare the Quinoa:
 - Cook quinoa according to package instructions (or use pre-cooked quinoa).
2. Prepare the Veggies:
 - Halve the cherry tomatoes, dice the red bell pepper, and slice the avocado. If using frozen corn, heat it in the microwave or on the stove.
3. Assemble the Bowl:
 - In a bowl, layer the cooked quinoa as the base.
 - Add the black beans, corn, diced red bell pepper, halved cherry tomatoes, and avocado slices on top of the quinoa.
4. Add Seasoning:
 - Drizzle with olive oil and lime juice. Sprinkle cumin, salt, and black pepper on top.
5. Finish with Cilantro:
 - Garnish with fresh cilantro if desired.
6. Serve & Enjoy:
 - Enjoy the bowl as a quick and balanced meal!