

Black Bean-Quinoa Bowl



This black bean and quinoa bowl has many of the usual hallmarks of a taco salad, minus the fried bowl. We've loaded it up with pico de gallo, fresh cilantro and avocado plus an easy hummus dressing to drizzle on top.

Katie Webster

Total: 10 mins

Active: 10 mins

Servings: 1



Ingredients

- ¾ cup canned black beans, rinsed
- ⅔ cup cooked quinoa
- ¼ cup hummus
- 1 tablespoon lime juice
- ¼ medium avocado, diced
- 3 tablespoons pico de gallo
- 2 tablespoons chopped fresh cilantro

Directions

Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, pico de gallo and cilantro.

Tips

To make ahead: Assemble Buddha bowl up to 1 day in advance, with dressing on the side. To prevent avocado from browning if making ahead, toss with a squeeze of lime juice after dicing.

Nutrition Facts

Serving Size: about 2 cups

Per Serving: 500 calories; protein 20.4g; carbohydrates 73.6g; dietary fiber 19.6g; sugars 10.7g; fat 16.2g; saturated fat 2.4g; vitamin a iu 391IU; vitamin c 16mg; folate 238.1mcg; calcium 114mg; iron 6.5mg; magnesium 138.8mg; potassium 1086.3mg; sodium 611.8mg; thiamin 0.5mg.

Exchanges: 3 starch, 2 lean protein, 1 1/2 fat, 1 vegetable, 1/2 carbohydrate