

CHIPOTLE QUINOA TACOS

Chipotle Quinoa Tacos

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 2 tacos)

Nutrition (per serving)

Calories: 332

Total Carbohydrate: 54

Total Fat: 11 g

Dietary Fiber: 11 g

Saturated Fat: 1 g

Total Sugars: 3 g

Sodium: 220 mg

Protein: 9 g

Ingredients

Chipotle Sauce

- 1-7.5 ounce can chipotle peppers in adobo sauce
- 2 medium tomatoes, halved

Quinoa Filling

- 1 cup dried quinoa, rinsed
- 1 cup unsalted vegetable stock
- 1 cup water
- 1 Tablespoon olive oil
- ¼ cup diced white onion
- 1 garlic clove, minced
- 1-15 ounce can of kidney beans, rinsed
- 2 teaspoons ground cumin
- 1/2 teaspoon salt

Tacos and Toppings

- 16 corn tortillas
- 2 limes, cut into wedges
- 2 avocados, peeled, seeded and sliced
- 1 cup non-fat plain Greek yogurt, for topping (optional)
- 1 small bunch of cilantro, chopped

Directions

1. Add chipotle sauce ingredients in blender and blend until smooth consistency. Set aside ½ cup of this sauce for the quinoa filling.
2. Place quinoa, vegetable stock, and water in a medium saucepan. Bring the mixture to a boil, cover the pot, reduce heat to a simmer and cook for 15 minutes or until water is soaked up. Fluff with fork. Cover and set aside.
3. In a medium skillet, sauté onion and garlic in olive oil over medium heat for about 3 minutes or until onions are translucent. Stir in the beans, cumin, and salt. Add ½ cup chipotle sauce and all of the quinoa, mix well and cook for another 5 minutes.
4. In a separate large skillet over medium heat, warm the tortillas a few at a time, flipping halfway.
5. To assemble the tacos, spread ¼ chipotle quinoa filling down the center of the tortilla, squeeze lime wedge into filling, top with 1 slice of avocado, plain Greek yogurt, and a pinch of cilantro.