



Mexican Quinoa Wraps

8 servings

45 minutes

Ingredients

- 1 cup Water
- 4 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes (fresh or canned)
- 2 cups Corn (fresh, canned or frozen)
- 2 tsp Cumin
- 1 tsp Paprika
- 1 tbsp Chilli Powder
- 1 tsp Sea Salt
- 1 1/2 cups Quinoa (dry/uncooked)
- 8 Whole Wheat Tortilla
- 4 cups Baby Spinach
- 2 Avocado (diced)

Nutrition

Amount per serving	
Calories	502
Fat	15g
Saturated	4g
Carbs	76g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	613mg

Directions

- 1 In a large pot, add water, black beans, tomatoes, corn, cumin, paprika, chilli powder and salt. Bring to a simmer.
- 2 Add quinoa and cook for 12 to 15 more minutes.
- 3 Place each tortilla wrap on a plate and top with spinach, avocado and the quinoa filling. Enjoy!

Notes

More Toppings, Feta cheese, greek yoghurt, diced chicken breast or cucumber slices.

Gluten-Free, Use corn or rice tortillas instead of whole wheat.

Slow Cooker Version, Add the water, black beans, diced tomatoes, corn, cumin, paprika, chilli powder, salt and quinoa together in the slow cooker. Stir well to mix and cook on low for 5 to 6 hours, or on high for 3 to 4 hours.