

# Nutrition Education

While often thought of as a grain, quinoa is actually a seed. Quinoa is gluten free and has a satisfying nutty flavor. A good source of fiber and iron, quinoa is also a source of complete protein which is rare among plant based foods.

Young children can help prepare the recipe below by washing the quinoa in a fine mesh strainer and washing the cilantro. You can also let your child tear the leaves off the cilantro stem for adding at the end. Whatever you do, you and your family are sure to enjoy this delicious and nutritious meal!

## Quinoa and Black Beans

### Ingredients:

1 teaspoon vegetable oil	salt and ground black pepper to taste
1 onion, chopped	1 cup frozen corn kernels
3 cloves garlic, chopped	2 (15 ounce) cans black beans, rinsed and drained
3/4 cup quinoa, rinsed	1/2 cup chopped fresh cilantro
1 1/2 cups vegetable or chicken broth	
1 teaspoon ground cumin	

### Directions:

1. Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with broth; season with cumin, salt, and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
3. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.



An Image from Love & Lentil