

# Black Bean- Quinoa Bowl

Source: EatingWell

🕒 10 mins

1 Serving

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.

## 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.

## Tip

To make ahead: Assemble 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 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 391IU; vitamin C 16mg; folate 238.1mcg; calcium 114mg; iron 6.5mg; magnesium 138.8mg; potassium 1086.3mg; sodium 611.8mg; thiamin 0.5mg.