



Cilantro Lime Vegetable Quinoa

4 Servings, 1½ cups per serving

INGREDIENTS

- 1 lime
- 4 tablespoons soybean oil margarine spread
- 12 ounces zucchini and/or yellow squash, sliced into ¼-inch thick half rounds, 3 cups
- 1 cup chopped onion
- 1½ teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 cups reduced-sodium vegetable broth
- 1 cup quinoa
- 4 cups baby kale, about 4 ounces
- 1 cup low-sodium black beans (drained, rinsed)
- 1 cup heirloom grape tomatoes, halved lengthwise
- Cilantro, to garnish

DIRECTIONS

1. Zest and juice lime to yield 1 tablespoon lime peel and 1 tablespoon lime juice; reserve.
2. Melt 2 tablespoons margarine spread in medium pot over medium-high heat. Add zucchini, onion, chili powder, cumin and salt and cook until vegetables are tender-crisp, about 5 minutes, stirring occasionally.
3. Add vegetable broth and bring to a boil. Stir in quinoa; reduce heat to medium and cook, covered, 15 minutes, or until liquid is absorbed.
4. Remove from heat and stir in baby kale, black beans and remaining 2 tablespoons margarine spread. Cover and let stand 5 minutes.
5. Stir in cilantro, tomatoes, reserved lime peel and lime juice.

NUTRITION ANALYSIS	(PER SERVING)
Calories	330
Total Fat	10 g
Saturated Fat.....	2.5 g
Trans Fat.....	0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	2 g
Cholesterol.....	0 mg
Sodium	410 mg
Carbohydrates.....	51 g
Fiber	11 g
Sugars	6 g
Protein	13 g
Dietary Exchanges: 2 1/2 starch, 2 vegetable, 1 lean meat, 1 fat	

This recipe from I Can't Believe It's Not Butter® is an American Heart Association Heart-Check Certified Recipe

