

Cowboy Quinoa

Makes: 24 or 48 Servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Quinoa		3 cups		6 cups
Water		6 cups		12 cups
Cider vinegar		1/4 cup		1/2 cup
Olive oil		1/2 cup		1 cup
Black beans, canned, rinsed		8-15 oz cans		16-15 oz cans
Corn, frozen		4 cups		8 cups
Cherry tomatoes, halved		2 cups		4 cups
Onions, sliced		1 cup		2 cups

Nutrition Information

Nutrients	Amount
Calories	241
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	552 mg
Total Carbohydrate	46 g
Dietary Fiber	12 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	12 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Combine water and quinoa in a small pan and bring to a boil. Cover and let simmer, about 12 to 15 minutes until

quinoa is tender.

2. Whisk together oil and vinegar. Pour over quinoa.

3. Add beans, corn, tomatoes, and onion.

4. Stir.

Notes

Serving Tips:

Quinoa is a small round grain, similar to couscous. It has a nutty flavor when cooked and can be used as a main dish or a side.

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care