

ONE POT MEALS

Healthy, quick recipes for easy weeknight dinners!

MEXICAN QUINOA

Ingredients:

- 1 tablespoon olive oil
- 2 cloves of garlic, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 15 ounce can black beans, drained and rinsed
- 1 14.5 ounce can fire-roasted diced tomatoes
- 1 cup corn (frozen or canned)
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- 1 avocado, diced

Serves: 4

Directions:

1. Heat olive oil and garlic in pan over medium heat for 1 minute.
2. Add quinoa, broth, beans, tomatoes, corn, and spices. Bring to a boil, then reduce to a simmer for 20 minutes.
3. Add avocado slices and serve!



<https://damndelicious.net/2014/04/09/one-pan-mexican-quinoa/>

Nutrition facts: 402 calories, 14.5g total fat, 2g saturated fat, 0mg cholesterol, 263mg sodium, 57g carbohydrate, 14g fiber, 2g sugar, and 15g protein



<https://www.cookingclassy.com/pesto-salmon-and-italian-veggies-in-foil/>

Nutrition facts: 295 calories, 11g total fat, 2g saturated fat, 69mg cholesterol, 655mg sodium, 9g carbohydrate, 3g fiber, 3g sugar, and 40g protein

PESTO SALMON WITH VEGGIES

Serves: 4

Ingredients:

- 4 (6 ounce) skinless salmon fillets
- 1 pound asparagus, ends trimmed
- 3 teaspoons olive oil, divided
- Salt and pepper
- 4 tablespoons pesto
- 4 teaspoons lemon juice
- 1 pint grape tomatoes, halved

Directions:

1. Preheat oven to 400 degrees. Cut 4 14-inch pieces of aluminum foil.
2. Toss asparagus with 2 teaspoons olive oil and salt and pepper. Divide into fours and place in center of foil.
3. Season salmon with salt and pepper. Place each fillet over asparagus. Top with 1 tablespoon pesto and 1 teaspoon lemon juice each.
4. Toss tomatoes with 1 teaspoon olive oil and spread over each fillet.
5. Wrap sides of foil in and roll and crimp edge to seal. Bake until cooked through, about 20-28 minutes.