



**Heart & Home**  
*Wellness Table Series*



**Ronald McDonald  
House Charities®**  
Central Ohio

# Black Bean-Quinoa Bowl

This black bean and quinoa bowl has many of the usual hallmarks of a taco salad, minus the fried bowl. It's loaded it up with pico de gallo, fresh cilantro and avocado, plus an easy hummus dressing to drizzle on top.

Active Time: 10 Mins | Total Time: 10 mins | Servings: 1



## NUTRITION NOTES

- High in plant-based protein and fiber, **black beans** help stabilize blood sugar levels and support digestive health. They're also a good source of folate, magnesium, and iron, which are essential for energy production and red blood cell formation.
- A complete protein, **quinoa** contains all nine essential amino acids needed for muscle repair and growth. It's also rich in fiber, iron, and magnesium, supporting heart health, steady energy, and healthy metabolism.
- Naturally creamy and nutrient-dense, **avocado** provides heart-healthy monounsaturated fats, potassium to help regulate blood pressure, and antioxidants like lutein that support eye and skin health.
- Zesty and refreshing, **lime juice** is packed with vitamin C, which boosts immunity, enhances iron absorption, and supports collagen production for healthy skin and joints.

# Black Bean–Quinoa Bowl

Printing  
Courtesy of:



## 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

## INSTRUCTIONS

1. Combine black beans, quinoa, and avocado in a bowl.
2. In a smaller bowl, combine hummus and lime juice. For a thinner consistency, you can add water.
3. Drizzle the hummus mixture on top if the black beans, quinoa, and avocado.
4. Top with Pico de gallo and cilantro.
5. If you want, you can add protein to this dish such as Salmon, grilled chicken, or tofu!

**Nutrition Profile:** *Gut Healthy | Mediterranean Diet | Nut-Free | Dairy-Free | Healthy Pregnancy | Healthy Aging | Healthy Immunity | Soy-Free | High-Fiber | Vegan | Vegetarian | High-Protein | Egg-Free | Gluten-Free | Low-Calorie*

## NUTRITION FACTS *(per serving)*

*Servings Per Recipe: 1 | Serving Size: 2 cups | Calories: 500*

- |                            |                      |                    |                     |
|----------------------------|----------------------|--------------------|---------------------|
| • Total Carbohydrate - 74g | • Total Fat - 16g    | • Folate - 238 mcg | • Magnesium - 139mg |
| • Dietary Fiber - 20g      | • Saturated Fat - 2g | • Sodium - 612mg   | • Potassium - 675mg |
| • Total Sugars - 11g       | • Vitamin A - 391IU  | • Calcium - 114mg  |                     |
| • Protein - 20g            | • Vitamin C - 16 mg  | • Iron - 7mg       |                     |

*\* Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: [www.eatingwell.com](http://www.eatingwell.com)*