



DINNER TONIGHT: BUDGET FRIENDLY

Quinoa and Black
Bean Bowls



FUN

The leader thinks of a person everyone knows. The others ask questions like “If she were a vegetable, what vegetable would she be?” until they can guess who it is!



CONVERSATION

What’s one thing you
hope to accomplish
in the next year?





Quinoa and Black Bean Bowls

Recipe by Connie Liakos, MSN, RDN, CSSD, LD



Ingredients

Serves 1

- 1 cup cooked quinoa, chilled
- 1/2 cup canned black beans, drained and rinsed
- 1/2-1 cup fresh vegetables (i.e. chopped tomatoes, peppers, broccoli, squash, garlic, etc.)
- 2 Tbsp fresh parsley, chopped
- 1/4 of an avocado, in chunks
- Juice of 1/2 a fresh lemon
- 1 tsp olive oil
- Seasonings as desired (salt, pepper, oregano, cayenne, hot sauce...)

Instructions

1. Combine all ingredients in a medium bowl.
2. Toss together, or cover and shake to mix thoroughly.
3. Chill for at least one hour to help blend the flavors.