

Bean, Spinach, and Quinoa Burritos Serves 8



Ingredients

- 1 ½ cups quinoa, rinsed
- 2 tablespoons olive oil
- 1 small onion, chopped
- kosher salt and black pepper
- 2 teaspoons chili powder
- 4 cups (or 2 15.5-ounce cans pinto beans, rinsed) (fresh is best!)
- ¾ cup low-sodium vegetable broth
- 2 cloves garlic, chopped
- 2 10-ounce packages frozen chopped spinach, thawed and squeezed of excess liquid
- 8 10-inch tortillas or wraps
- 12 ounces sharp white Cheddar, grated (about 3 cups)
- salsa, sour cream, and sliced avocado, for serving

Directions

- Heat oven to 400° F. Cook the quinoa according to the package directions.
- Meanwhile, heat the oil in a large skillet over medium heat. Add the onion, ½ teaspoon salt, and ¼ teaspoon pepper and cook, stirring frequently, until softened, 3 to 5 minutes. Add the chili powder and cook, stirring, until fragrant, about 1 minute. Add the beans, broth, and garlic and simmer, stirring occasionally, until most of the liquid has been absorbed, 2 to 4 minutes more. Fold in the spinach.
- Dividing evenly, top the tortillas with the quinoa (about ½ cup each), bean mixture (about ½ cup each), and Cheddar (about ⅓ cup each). Roll up into burritos; wrap each in heavy-duty foil and place on a baking sheet.
- Bake the burritos until warmed through, 15 to 20 minutes. Serve with the salsa, sour cream, and sliced avocado.

The uncooked wrapped burritos can be frozen in freezer bags for up to 3 months. To reheat, remove from foil and microwave on high until warmed through.

Nutrition Facts

Per Serving:

612 calories; fat 24g; saturated fat 11g; cholesterol 46mg; sodium 856mg; protein 27g; carbohydrates 74g; sugars 2g; fiber 10g; iron 7mg; calcium 557mg.