

Protein-Packed Quinoa Bowl

Fuel your recovery with this vibrant quinoa bowl loaded with protein and nutrients. Perfect for athletes needing a quick and energizing meal after a long day.


20 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1/2 cup black beans, rinsed
- 1/4 cup corn
- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, halved
- 1 tbsp lime juice
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 Rinse quinoa under cold water.
- 2 In a small pot, combine quinoa and water. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes.
- 3 Once cooked, fluff quinoa with a fork and let it cool slightly.
- 4 In a bowl, mix quinoa, black beans, corn, avocado, and cherry tomatoes.
- 5 Drizzle with lime juice and season with salt and pepper.
- 6 Garnish with fresh cilantro before serving.