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Quinoa Taco Salad

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For those of you that know me you know that one of my favorite foods is Mexican food! But we all know that Mexican food is high in sodium and those re fried beans and chips just are not going to help you lose weight! They may feel good while you are eating them but when you are done the guilt of the damage you just did to your calorie intake is going to send you to a low place! So instead of feeling like you are depriving yourself of all the foods you enjoy find a way to make them healthier! Oh and remember, you are NOT depriving yourself of life by eating healthy! You are respecting your body and giving it FUEL so that it can function and give you energy to do the things you need to do during the day! Food is not a source of comfort or a way to de stress after a long day! If you constantly view food that way, you will always struggle! Instead think of some positive ways to view food and your life and outlook will change forever!

So now for this Mexican Quinoa Taco Salad! Here is my dinner for tonight! I found it from a fellow blogger that does all vegan recipes!

Drizzle the cooked quinoa with extra virgin olive oil and toss to coat. Squeeze on fresh lime juice and toss again. Season with sea salt, to taste.

Add in the fresh chopped cilantro, diced red onion, diced yellow pepper,black beans, tomato and roasted corn kernels. Stir lightly to distribute. Taste test for seasoning adjustments.

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Line four salad bowls or plates with the fresh romaine. Spoon the quinoa salad on the center of the lettuce. Add the diced avocado to each plate. Tuck in a few tortilla chips around the edges. My favorite chips are the “Food Should Taste Good” tortilla chips with flaxseed! You can get them at Costco and Giant Eagle! Def a better option.

Serve with an extra lime wedge.

Serves 4.

You can also add in some cheese for other members of your family if they need it!

Enjoy!!!

1 cup uncooked quinoa

Juice from 2 medium, juicy limes

Sea salt, to taste

2-3 tablespoons fresh chopped cilantro or parsley

1 half small red or purple onion, diced fine

1 small yellow bell pepper, cored, seeded, diced fine

1 cup roasted corn kernels (I used frozen, roasted on a cookie sheet for 6-7 minutes, then cooled)

1 large head of crisp romaine lettuce, washed, dried, sliced crosswise

Gluten-free tortilla chips

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1 large avocado, pitted, peeled, diced

Black beans drained and rinsed

1 large tomato diced

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