

Quinoa & Black Bean Power Bowl

Fueling Glycemic Control & Metabolic Health

"The high-fiber content of this bowl slows digestion and absorption, which is critical for patients managing pre-diabetes or metabolic syndrome. It's a nutrient-dense, plant-forward staple for any wellness-focused kitchen." — **Dr. Raymond Kordonowy**

The Science of the Bowl

- **Complex Carbohydrates:** Quinoa and black beans provide "slow" energy, reducing the glycemic load of the meal.
- **Complete Plant Protein:** Quinoa contains all nine essential amino acids, making it a rare and powerful plant-based protein source.
- **Fiber Synergy:** The soluble fiber in black beans helps lower LDL cholesterol, while the insoluble fiber supports healthy gut motility.

Ingredients

- **1 Cup** Quinoa (rinsed)
- **2 Cups** Water or low-sodium vegetable broth
- **1 Can (15 oz)** Black beans (rinsed and drained)
- **1** Red bell pepper, diced
- **1** Large avocado, sliced
- **½ Cup** Corn (fresh or frozen)
- **¼ Cup** Red onion, finely chopped
- **Fresh Cilantro**, chopped

Cumin-Lime Dressing:

- **3 Tbsp** Extra virgin olive oil
- **Juice of 2** Fresh limes
- **1 tsp** Ground cumin
- **½ tsp** Chili powder
- **Sea salt & pepper** to taste

Directions

1. **Cook Quinoa:** Combine quinoa and water/broth in a pot. Bring to a boil, then cover, reduce heat, and simmer for 15 minutes or until liquid is absorbed. Fluff with a fork and let cool slightly.
2. **Whisk Dressing:** In a small bowl, whisk together the olive oil, lime juice, cumin, and chili powder.
3. **Assemble:** In a large mixing bowl, combine the cooked quinoa, black beans, bell pepper, corn, and red onion.
4. **Toss:** Pour the dressing over the mixture and toss gently to coat all ingredients evenly.
5. **Finish:** Top each serving with fresh avocado slices and a generous sprinkle of cilantro.