



## Black Bean, Quinoa & Grilled Veggie Tacos

**Prep: 15 minutes plus cooling**

**Grill: 8 minutes • Serves: 4**

- 2 Roma tomatoes, halved lengthwise
- 2 (½-inch-thick) slices red onion
- 1 medium ear fresh corn, silk and husk removed
- 1 medium jalapeño, halved lengthwise, seeded and stemmed
- 2 tablespoons olive oil
- 8 (6-inch) yellow or white corn tortillas
- 2 tablespoons fresh lime juice
- ½ teaspoon PICS salt
- ¼ teaspoon PICS ground black pepper
- 1 cup packaged cooked quinoa
- ½ cup drained and rinsed no salt added PICS black beans
- 1 avocado, peeled, pitted and sliced
- 2 tablespoons fresh cilantro leaves
- PICS plain nonfat Greek yogurt for serving (optional)

1. Prepare outdoor grill for direct grilling over medium-high heat. Brush tomatoes, onion, corn and jalapeño with 1½ tablespoons oil. Place vegetables on hot grill rack; cover and cook 8 minutes or until grill marks appear, removing tomatoes, onion and jalapeño after 6 minutes and turning once. Transfer vegetables to cutting board.

2. Place tortillas on hot grill rack; cook 1 minute, turning once.

3. In small bowl, whisk lime juice, salt, pepper and remaining ½ tablespoon oil. Add quinoa; toss.

4. Cut corn kernels from cob; chop tomatoes, onion and jalapeño. Fill tortillas with quinoa mixture, beans, vegetables, avocado and cilantro; serve with yogurt, if desired.

*Approximate nutritional values per serving:*

*376 Calories, 17g Fat (3g Saturated), 0mg Cholesterol,  
315mg Sodium, 50g Carbohydrates, 11g Fiber, 9g Protein*