Mexican Quinoa Wraps

1 tablespoon olive oil

2 cloves garlic, minced

1 jalapeno, ribs removed and diced small

1 cup well-rinsed quinoa

1 1/4 cups chicken broth

1 (15-ounce) can black beans, drained and rinsed

1 14.5-ounce can of fire roasted diced tomatoes or regular diced tomatoes

1 medium zucchini (approx 1 cup), diced

1 medium red bell pepper, diced

1 1/2 teaspoons chili powder

1/2 teaspoon ground cumin

1/2 teaspoon fine Kosher salt

1/2 teaspoon crushed red pepper flakes

1 avocado, halved, seeded, peeled and diced

2 tablespoons fresh lime juice – from one lime

1/4 cup chopped fresh cilantro leaves

Chop garlic and jalapeño. Saute in oil until softened.

Add quinoa, beans, tomatoes, zucchini, bell pepper, spices and broth to pan.

Stir to combine.

Bring to a boil. Reduce heat to simmer, cover and cook 20 minutes.

Stir in lime, cilantro and avocado.

Serve in bowls as one option.

OR ... wrap in spinach wraps.