



Swimsuit-Ready in 20 Days: Lunch Recipes

Cajun Red Beans and Rice

- ½ cup chopped red onion
- 1 15-ounce can red beans
- 1 15-ounce can diced tomatoes
- 1 package Yves Veggie Dogs, chopped
- 1 tablespoon Cajun spice blend

Spray a wide, shallow microwave-safe bowl with canola oil. Add all the ingredients to the bowl. Cover with plastic wrap, venting on one side. Microwave on High for 4 to 5 minutes, until bubbly. Serve each portion over ½ cup cooked brown rice or quinoa. Garnish with dried parsley and cilantro.

Serves: 2