

Quinoa and Black Bean Salad

Quinoa is combined in this recipe with black beans, savory vegetables, and spices for a cold salad that is light and refreshing. This salad is high in protein and can be served as a main or side dish.

Makes: 6 servings
 Prep Time: 10 minutes
 Cook Time: 25 minutes

Source: MyPlate Kitchen, Quinoa and Black Bean Salad



Small Changes,
 BIG Difference!

Ingredients

- 1/2 cup quinoa (dry)
- 1 1/2 cups water
- 1 1/2 tablespoons olive oil
- 3 teaspoons lime juice
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander (ground, dried cilantro seeds)
- 2 tablespoons cilantro (chopped)
- 2 scallions (medium, minced)
- 1 can black beans (15.5 ounce can, rinsed and drained)
- 2 cups tomato (chopped)
- 1 red bell pepper (medium, chopped)
- 1 green bell pepper (medium, chopped)
- 2 green chiles (minced, to taste)
- Black pepper (to taste)

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Colander
- Saucepan
- Small bowl
- Large bowl
- Spoon



Directions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

My Cooking Notes

SHOPPING LIST

Average total cost without oil and seasonings: \$10.66

Average cost/serving: \$1.78

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Quinoa (16 oz.)



Add 1 to Cart
Tomatoes



Add 1 to Cart
Lime Juice (15 fl. oz.)



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Cilantro (bunch)



Add 1 to Cart
Green Bell Pepper



Add 1 to Cart
Scallions (bunch)



Add 2 to Cart
Green Chile Peppers



Add 1 to Cart
Black Beans (15.25 oz. can)

SAVE TIME, SAVE MONEY

Shopping Tips

- If you cannot find fresh green chiles, check in the Hispanic foods section for canned green chile instead.
- When storing cilantro for maximum freshness - place upright in a glass with a bit of water, and cover gently with plastic in the refrigerator.

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	199
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	154 mg
Total Carbohydrates:	32 g
Dietary Fiber:	9 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	9 g