



Quinoa and Black Bean Salad

Shine365
Marshfield Clinic

PREP TIME: 20 minutes • **COOK TIME:** 20 minutes • **SERVINGS:** 6

INGREDIENTS

- 1 cup quinoa, washed and drained
- 2 cups water
- ¼ cup olive oil
- 2 fresh limes, juice of
- 1 teaspoon cumin
- ½ teaspoon red pepper flakes
- 1 15-ounce can black beans, rinsed and drained
- 1 ½ cups grape tomatoes, cut in half
- 5 green onions, finely chopped
- ¼ cup fresh cilantro, chopped
- Salt and pepper, to taste

INSTRUCTIONS

Wash and rinse quinoa. In a saucepan, bring quinoa and water to a boil. Reduce to simmer, cover and cook until all water is absorbed, about 10-15 minutes. Let cool.

In a small bowl, whisk together olive oil, lime juice, cumin and red pepper flakes.

Combine cooled quinoa, beans, tomatoes and onions in a large bowl.

Drizzle dressing over salad and toss in cilantro. Season with salt and pepper.

NUTRITION INFORMATION

Each serving contains about 268 calories; 11.2 g total fat (1.5 g saturated fat); 34.2 g carbohydrate; 9.2 g protein; 7.4 g dietary fiber; 9.6 mg sodium.