

Quinoa and Black Bean Salad

Rating: ★★★★★

Makes: 6 servings

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 (fresh, minced, to taste)
- black pepper (to taste)

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.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	4.5 g	7%
Protein	5 g	
Carbohydrates	23 g	8%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	210 mg	9%

5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

US Department of Health and Human Services National Institutes of Health National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables