

# **Quinoa and Black Bean Salad**

From the National Heart, Lung, and Blood Institute

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## **Ingredients**

- ½ C quinoa
- 1½ C water
- 1½ Tbsp olive oil
- 3 Tbsp lime juice
- ¼ tsp cumin
- ¼ tsp ground coriander (dried cilantro seeds)
- 2 Tbsp cilantro, chopped
- 2 medium scallions, minced
- 1 can (15½ oz) low-sodium black beans, drained and rinsed
- 2 C tomato, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 2 fresh green chilis (or to taste), minced
- Ground black pepper, to taste

## **Instructions**

1. Rinse the quinoa in cold water. Boil 1½ cups water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While the quinoa is cooking, mix olive oil, lime juice, cumin, coriander, cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once the quinoa has cooled, combine all ingredients and mix well.
5. Cover and refrigerate until ready to serve.

## **Makes 6 servings**

Calories: 208  
Total fat: 5 g  
Saturated fat: 1 g  
Cholesterol: 0 mg  
Sodium: 284 mg  
Total fiber: 7 g  
Protein: 9 g  
Carbohydrates: 34 g