

Quinoa and Black Bean Salad

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/quinoa-and-black-bean-salad>

Ingredients

- ½ cup quinoa (dry)
- 1 ½ cup water
- 1 ½ tbsp. olive oil
- 3 tsp. lime juice
- ¼ tsp. cumin
- ¼ tsp coriander (ground, dried cilantro seeds)
- 2 tbsp. cilantro (chopped)
- 2 scallions (medium, minced)
- 15-oz black beans (can, rinsed and drained)
- 2 cup 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)

Instructions

1. Rinse the quinoa in cold water. Boil water in 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.

Makes 6 servings (1 cup each)

Nutrition information per serving:

Calcium	4% DV
Calories	140
Carbohydrate	23 g
Dietary Fiber	5 g
Iron	10% DV
Protein	5 g
Total Fat	4.5 g
Saturated Fat	0.5 g
Sodium	210 mg
Vitamin A	30% DV
Vitamin C	150% DV



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