quinoa and black bean salad

Ingredients

 $1/_2$ cup dry quinoa

 $1^{1}/_{2}$ cups water

 $1^{1}/_{2}$ tablespoons olive oil

3 tablespoons lime juice

 $\frac{1}{4}$ teaspoon cumin

 $\frac{1}{4}$ teaspoon ground coriander (dried cilantro seeds)

2 tablespoons cilantro, chopped

2 medium scallions, minced

1 15-ounce can black beans, rinsed and drained

2 cups tomato, chopped

1 medium red bell pepper, chopped

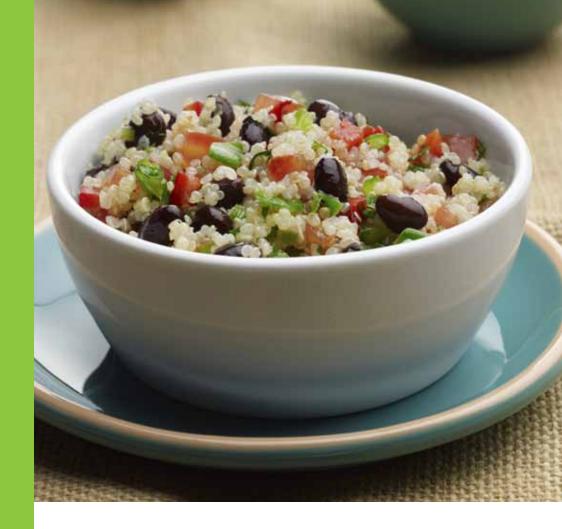
1 medium green bell pepper, chopped

2 fresh green chilis (or to taste), minced

black pepper (to taste)



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- 1. Rinse the quinoa in cold water. Boil 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. When quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped 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 quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Yield 6 servings, Serving Size 1 cup, Calories 208, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 284mg, Total Fiber 7g, Protein 9g, Carbohydrates 34g, Potassium 619mg