

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
1/4 teaspoon cumin
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)



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



National Heart, Lung,
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