

Quinoa and Black Bean Salad

Ingredients

1 cup quinoa, rinsed and drained
2 cups water
4 tsp fresh lime juice
1/4 tsp ground cumin
1/4 tsp ground coriander
1 Tbsp finely chopped fresh cilantro
2 Tbsp minced scallions
1 15-ounce can black beans, drained and rinsed
2 cups diced tomatoes (or one 24 oz can drained)
1 cup diced red bell pepper
2 tsp minced fresh (or canned) green chilies
Salt and black pepper to taste

Directions

1. Add quinoa to 2 cups of water. Bring to a boil then reduce heat, cover and simmer about 15-20 minutes until all the water is absorbed. Set aside to cool.
2. Combine lime juice, cumin, coriander, cilantro, scallions, beans, tomatoes, bell peppers and chilies.
3. Add cooled quinoa, salt and pepper to taste

Nutrition Information makes 6-8 servings

Per Serving

Calories: 170
Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 350 mg
Carbohydrate: 33 g
Fiber: 7 g
Protein: 8 g



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