

Quinoa Black Bean Salad

Ingredients:

1/3 cup quinoa, dry
 1 cup water
 4 tsp. fresh lime juice
 1/4 tsp. cumin
 1/4 tsp. coriander
 1 tbsp. cilantro, chopped
 2 tbsp. scallions, chopped
 1 1/2 cup cooked black beans (if canned, drain and rinse)
 2 cup diced tomatoes
 1 cup red bell pepper, diced
 2 tsp. green Chile pepper
 1/8 tsp. ground pepper
 1/8 tsp. salt



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 3

Amount Per Serving

Calories 210 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 38g **13%**

Dietary Fiber 9g **36%**

Sugars 7g

Protein 11g

Vitamin A 25% • Vitamin C 90%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Rinse quinoa. Boil water and add quinoa, cover and simmer 10-15 minutes until all water is absorbed. Cool 15 minutes.
2. Combine lime juice, cumin, coriander, cilantro and scallions.
3. Stir in tomatoes, bell pepper and chiles. Add cooled quinoa, salt and pepper.