

Black bean and Quinoa Salad



Ingredients

1. 2 cups cooked quinoa (1 cup dry quinoa yields about 2 cups cooked)
2. 1/4 cup extra virgin olive oil
3. 1 teaspoon ground cumin
4. 1 clove garlic, pressed, grated or finely chopped
5. Juice of one lime (about 2 tablespoons)
6. 1 teaspoon fine sea salt
7. 1/4 teaspoon cayenne pepper(optional)
8. 1 15-ounce can black beans.
9. 1 red/yellow/orange bell pepper, quarter inch chopped (about 1 cup)
10. 1/2 cup cherry tomatoes (optional)
11. 4 green onions, roots removed, white and part of the greens chopped (about 1/2 cup)
12. 1 handful of cilantro, rough chopped (about 1/3 cup)

STEPS

1. Cook the quinoa – *rinse it well in a fine mesh colander and let all of the water drain. Add the rinsed quinoa to a pot and add double the amount of water. Bring the pot to a boil, then cover and reduce heat to low and simmer for about 15 minutes until all of the liquid is absorbed.*
2. Whisk the olive oil, cumin, garlic, lime, salt and cayenne pepper together in the bottom of a large bowl.
3. Chop the veggies; cut the peppers, tomatoes, and onions about the same size as the beans.
4. Rinse and drain the black beans.
5. Add the cooked quinoa, beans and veggies to the bowl and gently fold it all together with the dressing

Enjoy your salad!