

Quinoa Black Bean Salad

From – *Moosewood Restaurant Low-Fat Favorites*

1/3 cup quinoa
1 cup water
1 tsp olive oil
4 tsp fresh lime juice, or more to taste
¼ tsp ground cumin
¼ tsp ground coriander
1 tbs finely chopped fresh cilantro
2 tbs minced scallions
1 ½ cups cooked black beans (15 oz can, drained)
2 cups diced tomatoes
1 cup diced bell peppers
2 tsps minced fresh green chiles
salt and ground place pepper to taste

lemon or lime wedges

- Rinse the quinoa well in a sieve under cool running water.
- In a saucepan, bring the water to a boil.
- Add the quinoa.
- Cover and simmer on low heat until all of the water is absorbed and the quinoa is tender, about 10 to 15 minutes.
- Allow to cool for 15 minutes.
- In a small bowl, combine the oil, lime juice, cumin, coriander, cilantro and scallions.
- Stir in the beans, tomatoes, bell peppers and chiles.
- Add the cooled quinoa and salt & pepper to taste and combine thoroughly
- Refrigerate until ready to serve.
- Garnish with lemon or lime wedges.



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