Quinoa and Black Bean Salad

SERVES 6

Ingredients

½ cup dry quinoa
1½ cups water
1½ tablespoons olive oil
3 tablespoons lime juice
¼ teaspoon cumin
¼ teaspoon ground coriander (dried cilantro seeds)
2 tablespoons cilantro, chopped
2 medium scallions, minced
1 can (15 ounces) black beans rinsed and drained
2 cups tomato, chopped
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
2 fresh green chilies minced (or to taste)
Black pepper
Directions

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. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro and scallions in a small bowl and set aside. Combine chopped vegetables with the black beans in a large bowl and set aside.
3. Once quinoa has cooled, combine all ingredients and mix well.
4. Cover and refrigerate until ready to serve.

Source: NIH — Platillos Latinos

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