



Black Bean and Quinoa Salad

Prep Time 15 mins
Total Time 25 mins
Meal Type Lunch,Dinner,Side
Contributed By **LivingPlateRx**
Source Living Plate Teaching Kitchen



Servings 6

Ingredients

lb,c g,ml

- 1 1/2 cups quinoa
- 1 1/2 cups black beans, canned, *rinsed and drained*
- 1 1/2 cups corn, frozen, *defrosted*
- 1 medium bell pepper, red, *seeded and chopped*
- 4 medium scallions, *chopped*
- 1 tsp garlic, *finely minced*
- 1/4 cup cilantro, fresh, *chopped fine*
- 1/4 tsp cayenne pepper optional
- 1/3 cup lime juice
- 1/2 tsp salt
- 1 1/4 tsp ground cumin
- 1/4 cup olive oil
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 1/4 cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to large bowl and allow to cool.

Make

1. Once quinoa has cooled, add beans, corn, bell pepper, scallions, garlic, cilantro, and cayenne (if using) and toss to combine.
2. In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well. If desired, add salt and pepper, to taste.

Notes

Toss in some fresh greens for added texture and nutrition!

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	347	Total Fat 3.5g	5%	Total Carbohydrates 50g	16%
		Saturated Fat 0.4g	2%	Dietary Fiber 8g	33%
		<i>Trans</i> Fat 0.0g		Total Sugars 3g	
		Cholesterol 0mg	0%	Protein 12g	
		Sodium 202mg	8%		
Vitamin D 0mcg 0% · Calcium 49mg 4% · Iron 4mg 19% · Potassium 589mg 12%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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