

Quinoa and Black Bean Salad

Makes: 6 Servings

Ingredients

1/2 cup quinoa (dry)
1 1/2 cups water
1 1/2 tablespoons olive oil
3 teaspoons lime juice
1/4 teaspoon cumin
1/4 teaspoon coriander (ground)
2 tablespoons cilantro (chopped)
2 scallions (medium, minced)
1 can black beans (15.5 ounce can, rinsed and drained)
2 cups tomato (fresh, chopped)
1 red bell pepper (medium, chopped)
1 green bell pepper (medium, chopped)
2 green chilies (fresh, minced, to taste)
black pepper (to taste)

Directions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.

Total Cost: \$4.78

Serving Cost: \$0.80

Source: US Department of Health and Human Services



Nutrition Facts

6 servings per container
Serving size 1 serving (198g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 466mg	10%

*The % Daily Value 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.

