Quinoa and Black Bean Salad

Makes: 6 Servings

Ingredients

1/2 cup quinoa (dry)
1/2 cups water
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

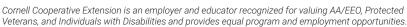
- 1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
- 2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
- 3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in 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 Omg	0%
Sodium 140mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Suga	rs 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

*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.