

# Quinoa & Black Bean Salad

Quinoa is a grain that provides all nine essential amino acids, making it a complete protein. It is cholesterol- and gluten-free as well. This quinoa and black bean salad is a healthy lunch option.

½ c. dry quinoa  
1 ½ c. water  
1 ½ tbsp. olive oil  
3 tbsp. lime juice  
¼ tsp. cumin  
¼ tsp. ground coriander  
2 tbsp. cilantro, chopped  
2 medium scallions, minced  
1 can (15 oz.) black beans, rinsed and drained  
2 c. tomato, chopped  
2 medium bell peppers (1 red, 1 green), chopped  
2 fresh green chilis (or to taste), minced  
Black pepper (to taste)

Rinse quinoa in cold water. Boil water in saucepan, add quinoa. Return to boil. Simmer until water is absorbed, 10 to 15 minutes. Cool 15 minutes. Meanwhile, mix olive oil, lime juice, cumin, coriander, chopped cilantro and scallions in small bowl. Set aside. Combine chopped vegetables with black beans in large bowl. Set aside. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until serving.

Yield: 6 servings. Each serving provides 208 calories, 5g total fat, 1g saturated fat, 0mg cholesterol, 284mg sodium, 7g total fiber, 9g protein, 34g carbohydrates and 619mg potassium.