

## **Black Bean Quinoa Salad**

*Featuring Quinoa*

### **Ingredients**

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- 1 ½ C quinoa (7 - 8 oz)
- 1 ½ C black beans rinsed (1 15oz can)
- 2 Tbsp red-wine vinegar
- 1 ½ C cooked corn (can use frozen)
- 1 finely chopped red bell pepper
- 2 jalapenos seeded and diced
- ¼ C finely chopped fresh cilantro
- 5 Tbsp lime juice (2 fresh limes)
- 1 tsp salt
- 1 tsp ground cumin
- 1/3 C olive oil
- Salt and pepper to taste

### **Directions**

- Cook quinoa in a saucepan of salted boiling water for 10 minutes. Drain and rinse in cold water.
- Steam in sieve over boiling water in saucepan until fluffy (cover sieve with dish towel), about 10 minutes.
- Transfer quinoa in a large bowl to cool.
- In a small bowl toss beans with vinegar and salt and pepper to taste. Add beans, bell pepper, corn, jalapenos, and cilantro to quinoa and toss well.
- To make dressing: In a small bowl whisk together lime juice, salt, and cumin and add oil.
- Drizzle dressing over salad and toss well. Serve at room temperature.

### **Approximate Cost at Co-Op:**

\$10.50