

Black Bean and Tomato Quinoa

Featuring Quinoa

Serves 4

Ingredients

2 teaspoons grated lime zest
2 tablespoons fresh lime juice
2 tablespoons unsalted butter, melted and cooled
1 tablespoon vegetable oil
1 teaspoon sugar
1 cup quinoa
1 (14- to 15-ounce) can black beans, rinsed and drained
2 medium tomatoes, diced
4 scallions, chopped
1/4 cup chopped fresh cilantro



Quinoa is a fast-cooking, protein-packed whole grain. Steamed, it makes a perfect partner for lime-spiked black beans and fresh tomato.

Directions

1. Whisk together lime zest and juice, butter, oil, sugar, 1/2 teaspoon salt, and 1/4teaspoon pepper in a large bowl.
2. Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time.
3. Add quinoa into 2 cups of boiling salted water. Simmer until tender, about 15-20 minutes. Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

Nutrition Information: 382 calories, 12 gram fat (4 gram saturated), 15mg cholesterol, 446mg sodium, 55 gram carbohydrate, 10 gram fiber, 14 gram protein