

Red Quinoa and Black Bean Vegetable Salad

Light, fresh, and packed with protein and healthy fats, this tangy salad will have you dreaming of Spring and Summer.

Yield: ~5 cups

For the salad:

- 1 cup uncooked Red quinoa (Trader Joe's, for example)
- 1 (14oz) can black beans, drained and rinsed
- 1 red pepper, chopped
- 1/4 cup fresh Cilantro, finely chopped
- 2 Green Onions, chopped
- 1 cup fresh corn
- 1 small avocado, chopped into 1 inch pieces

For the dressing:

- 4-5 tbsp of fresh lime juice (Juice from 2 small limes)
- 1/2 tsp kosher salt, or to taste
- 1/2 tsp Freshly ground black pepper
- 1 garlic clove, minced
- 1/4 cup fresh Cilantro, finely chopped
- 1/4 cup extra virgin olive oil
- 1/2 tsp ground cumin, or more to taste

Directions:

1. Cook 1 cup Red Quinoa according to package directions.
2. While quinoa is cooking, prepare the chopped vegetables and whisk together the dressing.
3. Allow quinoa to cool after cooking for about 5 minutes. Fluff with a fork. Add the beans and vegetables and toss well.
4. Drizzle dressing over salad and toss well with salt and pepper to taste. Bring salad to room temperature before serving. Keep fresh in a sealed container for 1-2 days. Makes about 5 cups.