



# Black Bean and Quinoa Salad

Prep Time 15 mins  
 Total Time 25 mins  
 Meal Type Lunch,Dinner,Side  
 Contributed By



Source Living Plate Teaching Kitchen

Servings 6



## Ingredients

lb,c g,ml

- 1 1/2 cups quinoa
- 1 1/2 cups black beans, canned, *rinsed and drained*
- 1 1/2 cups corn, frozen, *defrosted*
- 1 medium bell pepper, red, *seeded and chopped*
- 4 medium scallions, *chopped*
- 1 tsp garlic, *finely minced*
- 1/4 cups cilantro, fresh, *chopped fine*
- 1/4 tsp cayenne pepper optional
- 1/3 cups lime juice
- 1/2 tsp salt
- 1 1/4 tsp ground cumin
- 1/4 cups olive oil
- salt, *to taste*
- pepper, *to taste*

## Directions

### Prep

1. Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 1/4 cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to large bowl and allow to cool.

### Make

1. Once quinoa has cooled, add beans, corn, bell pepper, scallions, garlic, cilantro, and cayenne (if using) and toss to combine.
2. In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well. If desired, add salt and pepper, to taste.

## Notes

Toss in some fresh greens for added texture and nutrition!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>347</b>	<b>Total Fat</b> 3.5g	5%	<b>Total Carbohydrates</b> 50g	16%
		Saturated Fat 0.4g	2%	Dietary Fiber 8g	33%
		Trans Fat 0.0g		Total Sugars 3g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 12g	
		<b>Sodium</b> 202mg	8%		
Vitamin D 0mcg 0% · Calcium 49mg 4% · Iron 4mg 19% · Potassium 589mg 12%					

\* The percent Daily Value (DV) 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.

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