

Quinoa and Black Bean Salad (Makes 4 servings)

This combo recipe is a meal in one since it contains a carbohydrate/starch (quinoa), a protein (black beans) and several vegetables.

½ cup dry quinoa, rinsed

1 ½ cups water, to cook quinoa

1 ½ Tablespoons olive oil

1 Tablespoon lime juice

¼ teaspoon cumin

¼ teaspoon ground coriander

2 Tablespoons chopped fresh cilantro

2 green onions, minced

1 15-ounce can of unsalted black beans, rinsed and drained

2 cups fresh tomato, chopped

1 red bell pepper, chopped

1 green bell pepper, chopped

2 green chilis or jalapeno peppers, minced, to taste (remove seeds if you prefer your food less spicy)



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Black pepper, to taste

Boil water, add quinoa and simmer until water is absorbed, about 10-15 minutes. Cool quinoa for about 15 minutes.

Mix olive oil, lime juice, cumin, coriander, chopped cilantro, and green onions in a small bowl. Combine chopped vegetables and beans in a large bowl, add cooled quinoa and dressing. Refrigerate for about an hour before serving to blend flavors.

Nutrition Information

Per serving: Calories: 220; Fat: 7 gm; Saturated Fat: 1 gm; Carbohydrate: 35 gm; Sodium: 25 mg; Fiber: 12 gm

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