



HAVE KNIVES, WILL COOK

Quinoa & Black Bean Salad

Servings	Active Time	Total Time
4 to 6 as side	15 minutes	15 minutes

Ingredients:

3 cups	cooked white quinoa*	4 to 5 Tbsp	olive oil
1 1/2 cups	cooked black beans, rinsed	2 to 3 Tbsp	lime juice or lemon juice
1 1/2 cups	fresh diced tomatoes	1 tsp.	ground cumin
1/4 cup	red onion, finely diced	1/2 tsp	paprika
1/2 each	jalapeno, finely diced	1/4 tsp	garlic powder
1/4 cup	fresh chopped cilantro or parsley	salt and pepper, to tastes pinch of cayenne, optional	

Directions

1. In a medium bowl, combine quinoa, black beans, tomatoes, onion, jalapeno, and herbs. Toss with olive oil to just coat the ingredients.
2. Add lime or lemon juice, a tablespoon at a time, mixing and tasting to your desired level of acidity.
3. Add cumin, paprika, and garlic powder. Season with salt and pepper to taste, and a little cayenne if you like a little more heat.

**To cook quinoa, rinse 2 cups white quinoa and drain very well. In a 2 to 3 quart saucepan, combine quinoa with 4 cups water and a pinch of salt. Bring the mixture to a boil, then turn the heat down to a very low simmer and cover the pot. Cook for 15 minutes, then remove from the heat and let the quinoa rest, covered for 5 minutes more. Fluff with a fork before serving. Makes about 5 cups.*