

Vegan Black Bean Quinoa Salad

When looking for a light supper dish or a great tasting side to bring to a picnic, this recipe is for you! It goes together quickly, as quinoa only takes 15 minutes to cook.

Quinoa is a complete protein containing all the essential amino acids needed for your body. Quinoa was originally grown in South America and was a staple food of the Incas. It comes in red, black or ivory colors. Before cooking, be sure to rinse the quinoa several times with running water to remove the saponin (an inherent insect repellent) that may cling to the seeds.

This recipe is from the spring 2011 Dry Bean Quarterly (www.beaninstitute.com) and was originally used in conjunction with roasted salmon and fresh greens.



Ingredients (serves 4)

Salad:

$\frac{3}{4}$ cup quinoa
1 $\frac{1}{2}$ cups water
1 $\frac{1}{2}$ cups black beans, canned, rinsed and drained
1 $\frac{1}{2}$ Tbsp red wine vinegar
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp freshly cracked black pepper
1 large red pepper, roasted, seeded, and diced (okay to use canned)
1 medium red onion, diced
2 Tbsp pickled jalapeno peppers, diced (or use fresh, with seeds removed)
 $\frac{1}{2}$ cup cilantro, finely chopped

Dressing:

5 Tbsp fresh lime juice
 $\frac{1}{2}$ tsp salt

$\frac{3}{4}$ tsp cumin
 $\frac{1}{4}$ tsp cayenne pepper
7 Tbsp extra virgin olive oil

In a serving bowl, toss the beans with vinegar, salt and pepper. Let stand for 30 minutes and drain.

In a medium bowl, wash the quinoa in 3 changes of cold water, rubbing the grains and letting them settle, pouring off most of the water until the water runs clear; drain in a large fine sieve. In

a saucepan, bring the 1 ½ cups of water to a boil, add the quinoa, lower heat and cover. Cook for 15 minutes, and remove from heat. Cool slightly if time allows.

Dressing: In a small bowl, whisk together the lime juice, salt, cumin, and cayenne pepper. Add the oil in a thin stream, whisking continuously.

To the beans, add the red pepper, jalapenos, onion, and cilantro, and mix. Add the quinoa, and mix gently. Add the dressing and serve.

Nutrition Analysis

Calories: 117; Protein: 3g; Carbohydrates: 10g; Fats 7g; Saturated fats 1g; Dietary fiber 4g; Sodium 187mg; Calcium 15mg; Sugars 1g