

**Black Bean Quinoa with Cilantro, Lime, and Feta** 

Hit the culinary jackpot with this simple, affordable, nutritious black bean and quinoa salad. This recipe combines two of the healthiest foods on the planet into a flavorful and beautiful salad that can be served either warm or chilled. Your taste buds will go wild over the combination of spices including earthy ground cumin and paprika, fresh cilantro, salty feta cheese and creamy avocado. Finish off this dish with a splash of tangy lime juice and taste how fantastic eating well can truly be!

Let us know if you try out this recipe and let us know what you think!

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Recipe from: *www.ChristyWilsonNutrition.com*

**Black Bean Quinoa with Cilantro, Lime, and Feta**

Serves: 6  
Cook time: 25 minutes  
Ready in number minutes



**Ingredients**

- 3/4 cup quinoa, rinsed and drained
- 1 1/2 cups water
- Spray oil
- 1/2 cup red pepper, diced
- 1/3 cup thinly sliced and chopped sweet onion
- 1 clove garlic, diced and smashed into a paste (work that knife back and forth over the chopped garlic)
- 1 can black beans, drained and rinsed
- 1/2 cup frozen corn
- 1 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 cup fresh lime juice (I love using key limes)
- 1/4 cup chopped cilantro
- 1/3 cup crumbled feta cheese (go authentic Mexican and use Queso Fresco instead!)
- 1 diced avocado
- Ground pepper, to taste

**Directions**

1. Place quinoa in a fine meshed strainer. Rinse quinoa with water, then transfer to a pot. Heat quinoa over medium flame until aromatic and you hear seeds begin to “pop.” Add water, cover pot, turn down heat and steam for about 15 minutes. Once finished, fluff quinoa with a fork and set aside.
2. Spray a medium sized skillet with oil. Sauté red pepper and onion until tender over medium heat. Add in garlic and corn. Heat until corn is warmed through, about 3 minutes.
3. Transfer cooked quinoa, sautéed vegetables and rinsed black beans to a large bowl. Season with cumin and paprika, then add lime juice and cilantro. Mix gently to combine all ingredients.
4. Top dish with feta cheese, diced avocado and extra chopped cilantro for added flavor and color.

\*Add an extra squeeze of lime over diced avocado to keep it from browning if not serving immediately.

<b>Nutrition Facts</b>	
Serving Size (234g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 2g	
Protein 8g	
Vitamin A 15%	Vitamin C 40%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	