

# Recipe Card

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## **Black Bean and Quinoa Salad**

Yields: 4 servings

Adapted from: *Oh She Glows* by Angela Liddon

### **Ingredients:**

1 cup uncooked quinoa (3 cups cooked)  
1 - 14 oz can black beans or 1 ½ cups cooked, drained and rinsed  
1 ½ cups fresh cilantro, finely chopped  
1 ½ cups (3 medium) carrots, julienned  
4 green onions, thinly sliced  
4 cups arugula or spinach  
Salt and pepper, to taste  
Sliced avocado (optional)

### **Dressing:**

5 Tablespoons fresh lime juice  
4 Tablespoons extra virgin olive oil  
2-3 cloves garlic, minced  
2 teaspoons ground cumin  
2 teaspoons maple syrup  
¾ teaspoon salt

### **Directions:**

1. For quinoa: Rinse quinoa in a fine mesh strainer. Add into pot with 1.5 cups water. Bring to a boil, reduce heat, cover and simmer about 15 minutes, or until water is fully absorbed. Remove from heat and steam with lid on for 5 additional minutes.
2. In a large bowl, toss quinoa, black beans, cilantro, carrots, greens and green onions.
3. In a small bowl or jar, whisk together the dressing. Pour over salad and toss gently to combine. Top with sliced avocado.

Dairy Free, Gluten Free, Nut Free