



## **Superfood Black Bean & Quinoa Salad**

### **Ingredients**

2 cups cooked quinoa (1 cup dry quinoa yields about 2 cups cooked)  
1/4 cup extra virgin olive oil  
1 teaspoon ground cumin  
1 clove garlic, pressed, grated or finely chopped  
Juice of one lime (about 2 tablespoons)  
1 teaspoon fine sea salt  
1/4 teaspoon cayenne pepper (optional for heat)  
1 15-ounce can black beans, rinsed and drained well  
1 red bell pepper, quarter inch chopped (about 1 cup)  
6 green onions, root removed, chopped (about 1 cup)  
1 handful of cilantro, rough chopped (about 1/3 cup)

### **Instructions**

Prepare the quinoa:

Rinse it well in a fine mesh colander and drain all the water. Add the rinsed quinoa to a pot and add double the amount of purified water or veggie stock. Bring the pot to a boil, then cover and reduce heat to low for about 15 minutes until all of the liquid is absorbed. Fluff with a fork, and you're done.

While the quinoa is cooking, whisk the olive oil, cumin, garlic, lime, salt, and cayenne together in the bottom of a large bowl to let the flavors marry.

Rinse and drain the black beans. Chop the veggies until roughly the same size as the black beans. Add in the cooked quinoa, beans, and diced veggies to the bowl and gently fold it together with the dressing and cilantro.

Let the salad chill in the refrigerator for at least 30 minutes to let the flavors come together. It tastes best served at a chilled or room temperature.