

HONEY LIME QUINOA SALAD



INGREDIENTS

Salad

- 2 tsp olive oil
- 1 cup quinoa (rinsed and drained)
- 2 cups water
- 1 cup canned corn (drained)
- 1 - 15oz can black beans (rinsed and drained)
- 1 red bell pepper
- 3 green onions sliced
- 2 tbsps minced cilantro

Lime Vinaigrette

- 3 tbsp fresh lime juice
- 2 tbsp olive oil
- 1 tbsp honey
- 1 tsp chili
- 1/2 tsp cumin
- salt and pepper to taste

INSTRUCTIONS

1. Add quinoa and water together and bring to a boil. Reduce heat, cover and simmer until liquid is completely absorbed (12-16 minutes).
2. While quinoa cooks, prepare the vinaigrette by combining the dressing ingredients into a small bowl
3. Transfer the cooked quinoa into a large bowl and combine the corn, beans, bell peppers, green onions, and cilantro.
4. Add the dressing and combine. Salad can be served as warm or cold.
5. Enjoy!



NUTRITION FACTS

Serving Size:

Number of Servings:

| | |
|---------------------|---------|
| Calories | 101 |
| Total fat | 4.5g |
| Saturated fat | 0.5g |
| Cholesterol | 0mg |
| Sodium | 111.8mg |
| Total carbohydrates | 13.5g |
| Dietary fiber | 2.4g |
| Sugar | 2.7g |
| Protein | 2.7g |
| Calcium | 3% |
| Iron | 5% |
| Potassium | 149.6mg |
| Vitamin A | 29% |
| Vitamin C | 21.9% |

