



Zesty Quinoa Salad (HS)

Serving: 1

Veg

Ingredients

- Quinoa (white, red, black) (uncooked) - 2 tbsp
- Tomatoes chopped - 2 tbsp
- Black beans (drained) -2 tbsp
- Green onions (chopped) - 2 tbsp
- Cumin (grounded) $\frac{1}{2}$ tsp
- Black pepper (grounded) $\frac{1}{2}$ tsp
- Lemon juice- 1 tsp
- coriander (chopped) -1 tbsp
- Oil $\frac{1}{2}$ tsp
- Salt to taste
- **Optional : can add vegges of your choice**

Preparation Method

- -Take a saucepan, add quinoa and bring it to a boil. Reduce heat to medium-low cover, simmer for 10-15 minutes until quinoa is tender and water has been absorbed. Set aside to cool.
- -Whisk oil, lime juice, cumin, salt, quinoa, tomatoes, black beans and green onions in a bowl. Add cilantro/coriander and black pepper.
- -Serve immediately or chill in refrigerator.