

FOOD & WINE

Inspiration served daily

RECIPE



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Black Bean-and-Quinoa Salad

Contributed by **Ken Oringer**

ACTIVE: 30 MIN

TOTAL TIME: 2 HRS 45 MIN

SERVINGS: 8

Ken Oringer believes chefs need to make a point of eating healthy dishes when they can, so he includes protein-rich **quinoa** in his diet at least three times a week. Here he mixes the grain with black beans, onions and peppers to make a hearty and very satisfying side dish that's a fun variation on prosaic five-bean salad.

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HEALTHY **MAKE-AHEAD** **VEGETARIAN**

INGREDIENTS

Ingredients

12 ounces dried black beans, picked over and rinsed

Salt

1 cup quinoa, rinsed

3 tablespoons sherry vinegar

1 tablespoon soy sauce

1 tablespoon fresh lime juice

1 chipotle in adobo, minced

1/4 cup plus 2 tablespoons extra-virgin olive oil

6 scallions, white and light green parts only, thinly sliced

1 small red onion, finely diced

1 yellow bell pepper, finely diced

DIRECTIONS

1. In a large saucepan, cover the beans with cold water and bring to a boil. Cover and let stand off the heat for 1 hour.
2. Drain the beans. Return them to the pot and cover with 3 inches of water. Bring to a boil and simmer over low heat until tender, about 1 hour and 30 minutes; season generously with salt during the last 10 minutes. Drain and let cool.
3. Meanwhile, in a medium saucepan, combine the quinoa with 2 cups of water and a pinch of salt and bring to a boil. Cover the saucepan and simmer the quinoa over low heat until the water has been absorbed, about 15 minutes. Spread the quinoa on a plate and let cool.

1/4 cup chopped cilantro

4. In a large bowl, whisk the vinegar, soy sauce, lime juice and chipotle. Add the olive oil in a thin stream, whisking until blended. Add the black beans, quinoa, scallions, red onion, yellow pepper and cilantro. Season with salt, toss to combine and serve.

MAKE AHEAD

The black bean-and-quinoa salad can be refrigerated overnight.

From [A Chef's Incredible Winter Picnic](#)

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