



Quinoa, Arugula, and Black Bean Salad

Prep Time 15 mins
Total Time 25 mins
Meal Type Lunch,Dinner,Side
Contributed By



Source Living Plate Teaching Kitchen

Servings 6



Ingredients

lb,c g,ml

- 1 1/2 cup quinoa
- 1 1/2 cup black beans, canned, *rinsed and drained*
- 1 1/2 cup corn, frozen, *defrosted*
- 1 medium bell pepper, red, *seeded and chopped*
- 4 cup arugula
- 4 medium scallions, *chopped*
- 1 tsp garlic, *finely minced*
- 1/4 cup cilantro, fresh, *chopped fine*
- 1/4 tsp cayenne pepper optional
- 1/3 cup lime juice
- 1/2 tsp salt
- 1 1/4 tsp ground cumin
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 1/4 cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to large bowl and allow to cool.

Make

1. Once quinoa has cooled, add beans, corn, bell pepper, arugula, scallions, garlic, cilantro, and cayenne (if using) and toss to combine.
2. In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well. If desired, add salt and pepper, to taste.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 271 per serving		Total Fat 3.6g	5%	Total Carbohydrates 51g	16%
		Saturated Fat 0.4g	2%	Dietary Fiber 9g	34%
		Trans Fat 0.0g		Total Sugars 3g	
		Cholesterol 0mg	0%	Protein 12g	
		Sodium 205mg	8%		
		Vitamin D 0mcg 0% · Calcium 71mg 7% · Iron 4mg 20% · Potassium 638mg 13%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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