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| **Zesty Quinoa Salad** |  |

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| recipe image | |  |  | | --- | --- | | **Rated:** | rating |   **Submitted By:** scrumdiddly  **Photo By:** Linda (LMT)   |  |  | | --- | --- | | **Prep Time:** 20 Minutes  **Cook Time:** 10 Minutes | **Ready In:** 30 Minutes  **Servings:** 6 | |

"Quinoa and black beans are tossed in a refreshing lime-cilantro vinaigrette for a quick and protein-packed lunch or side dish."

**Ingredients:**

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| 1 cup quinoa  2 cups water  1/4 cup extra-virgin olive oil  2 limes, juiced  2 teaspoons ground cumin  1 teaspoon salt  1/2 teaspoon red pepper flakes, or more | to taste  1 1/2 cups halved cherry tomatoes  1 (15 ounce) can black beans, drained  and rinsed  5 green onions, finely chopped  1/4 cup chopped fresh cilantro  salt and ground black pepper to taste |

**Directions:**

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| **1.** | Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool. |
| **2.** | Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl. |
| **3.** | Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator. |