

# FIESTA QUINOA SALAD

 **6 SERVINGS**    **25 MINUTES**

## INGREDIENTS

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|---|--|
| <b>1</b> cup dried quinoa                 | <b>1</b> whole avocado, diced (optional) |
| <b>1</b> can (14 oz.) black beans, rinsed | <b>¼</b> cup chopped cilantro            |
| <b>1</b> small bell pepper, chopped       | <b>⅓</b> cup olive oil                   |
| <b>½</b> medium cucumber, chopped         | <b>2</b> whole limes, juiced             |
| <b>½</b> medium red onion, chopped        | <b>1</b> teaspoon cumin                  |
| <b>1</b> cup cherry tomatoes, cut in half | SALT TO TASTE                            |

## DIRECTIONS

1. Cook quinoa according to package directions. Allow to cool completely in a medium bowl.
2. To prepare the dressing, mix olive oil, lime juice, cumin, and salt in a small bowl.
3. Add black beans, bell pepper, cucumber, red onion, tomatoes, avocado, and cilantro to quinoa. Add dressing and mix well.

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## QUICK TIPS

- Quinoa contains almost twice as much fiber as other whole grains, which keeps us feeling fuller for longer.
- Cook quinoa with vegetable or chicken broth for a tastier salad.
- Quinoa is a good source of plant protein, iron, and potassium.

**TAG YOUR RECIPES!**



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