

Quinoa and Black Bean Salad – Vegan – SOS

Prep Time: 30 minutes
Cook Time: 20 minutes
Total Time: 50 minutes

Serving Size: 4
Calories per serving: 123
Fat per serving: 1.4 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-56.

Ingredients

- 1/2 cup soup stock or water
- 1/4 cup quinoa, well rinsed
- 1/2 teaspoon cumin
- 2 tablespoons lemon juice
- 1/4 cup soup stock
- 2 tablespoons minced cilantro
- 1/2 cup cooked black beans
- 1 cup fresh corn kernels (2 ears)
- 1 medium tomato, diced
- 2 tablespoons chopped red onion

Instructions

1. In a 2-quart saucepan, bring the liquid, quinoa, and cumin to a boil. Cover and reduce heat to low, cook for 20 minutes or until tender. Remove from the heat and uncover.
2. In a medium bowl, combine the lemon juice, stock, cilantro, beans, corn, tomato, onion, and cooked quinoa, and stir well.
3. Chill at least 2 hours, and serve as is or over a bed of lettuce.

Notes

Nutrition facts (per serving): Calories: 123, from fat: 12, total fat: 1.4g, cholesterol: 0mg, sodium: 14mg, total carbohydrate: 46g, fiber: 3.4g, sugar: 0g, protein: 5g.