

Quinoa Black Bean Salad

Ingredients:

- 1 cup Quinoa (Uncooked = about 3 cups cooked)
- 2 cups water
- 1 can of Black Beans, drained
- 1 can of corn, drained
- 1 bunch of cilantro, chopped
- ½ of a red pepper, chopped
- ¼ cup fine chopped red or green onions
- 2 Avocados, diced

Directions:

- Combine Quinoa and 2 cups and bring to a boil. Turn heat to low and simmer for 15 minutes. Turn off heat and let it steam.
- Combine cooked quinoa, black beans, corn, cilantro, red pepper, and avocados into a medium bowl.

Dressing:

- 4-5 Tbsp. Lime Juice
- 1 Garlic Clove, chopped
- 1 tsp. Sea Salt
- ½ tsp. cumin
- ¼ cup olive oil

Directions:

- Combine olive oil, lime juice, salt, cumin and garlic in a small bowl.
- Stir the ingredients in together and pour over salad.
- Let it marinate at least 2 to 3 hours to let the flavors blend together.