



## Black Bean & Quinoa Salad

**Active Time:** 15 minutes | **Total Time:** 30 minutes | **Serves:** 4

### Nutrition Information Per Serving

409.1 calories, 49.19 g carbohydrate, 9.03 g fiber, 40.16 g NET carbs, 12.39 g protein, 17.02 g fat

### Ingredients

- 1 can Eden Foods Organic Black Beans
- 3 tsp(s) Coconut Secret Coconut Aminos
- 1 medium organic red onion, chopped
- 1 medium organic green bell pepper, finely diced
- 1 whole, large organic yellow bell pepper, finely diced
- 1 cup organic quinoa, rinsed
- 1/2 tsp(s) sea salt
- 1 Tbsp fresh lime juice
- 1/4 cup(s) organic extra virgin olive oil
- 6 medium(s) organic scallions, white and light green parts
- 1/4 cup(s) organic cilantro, chopped
- 3 Tbsp(s) organic apple cider vinegar

### Preparation

1. First, rinse quinoa to remove saponins. Rinse in a colander under filtered water until you no longer see bubbles.
2. In a medium saucepan, bring water to a boil. Add quinoa and stir.
3. Cover the saucepan and simmer the quinoa over low heat until the water has been absorbed, about 15 minutes. Set aside.
4. In a large bowl, whisk the vinegar, coconut aminos, lime juice, chipotle and olive oil.
5. Add the black beans, quinoa, scallions, red onion, bell peppers and cilantro.
6. Season with salt, toss to combine.
7. Serve.

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