



Cost: \$ \$

Ease:



This recipe contains plant-based protein from black beans and quinoa to keep you energized all day long. Avocado is a healthy source of fat and fat-soluble vitamins including vitamin E which supports healthy skin. Tomatoes and citrus fruits like lemon and lime are great sources of vitamin C.

South West Quinoa Salad

Ingredients:

- 1 cup quinoa, uncooked
- 2 cups water
- 1 can black beans, rinsed
- 1 avocado, cubed
- 1 can corn
- 1 tomato, diced
- 1-2 handfuls of cilantro
- 1-2 TBSP olive oil
- 1 lime or lemon, squeezed

Directions:

1. Add water and rinsed quinoa to a pot over medium-high heat and bring to a boil; Simmer until all water is absorbed, around 15 minutes; Set aside and allow to cool
2. Rinse black beans and canned corn with water; Strain
3. In a large bowl, combine all ingredients
4. Add olive oil and the juice of one lemon (or lime); Mix thoroughly; Garnish with cilantro
5. Enjoy!

Cookware needed:

- Stock pot
- Large bowl
- Cutting board
- Large spoon
- Strainer