Quinoa Black Bean Salad
Cheap, Fast and Healthy, Feb. 19th

Ingredients:
• 1 ½ C Quinoa
• 1½ C black beans (rinse if canned)
• 1 ½ Tbs red wine vinegar
• 1 ½ C Corn
• 3/4 C finely chopped green bell pepper
• 2 pickled jalapenos (seeded and chopped)
• ¼ C finely chopped coriander

Dressing:
• 5 Tbs. fresh lime juice or to taste
• 1¼ tsp ground cumin
• 1/3 C olive oil

Directions:
1. Bring quinoa to boil in saucepan with 3 cups of water. Once water reaches a full boil, cook covered at lowest temperature for 15 minutes.
2. Remove from heat and all to stand covered for 5 minutes.
3. Drain and rinse under cold water.
4. While quinoa is cooking, mix black beans with vinegar to taste (salt optional).
5. Transfer quinoa to large bowl and cool.
6. Add beans, corn, bell pepper, jalapenos, and coriander.
7. Toss well.
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