

## Santa Fe Quinoa Salad

### Ingredients:

- 1 1/2 cup quinoa, dry
- 3 cups water
- 1/4 teaspoon salt
- 1 teaspoons cumin, ground
- 1/4 cup lime juice
- 2 tablespoons orange juice (optional)
- 1/3 cup olive oil, or canola
- 1/4 teaspoon black pepper
- 2 15 ounce cans black beans, rinsed
- 1 red or green bell pepper
- 1 bunch cilantro
- 1 small onion

### Equipment:

- Medium sauce pan
- Jar or bowl for dressing
- Measuring spoons and cups
- Cutting board & knife
- 2 mixing bowls

Number of Servings: 10  
 Prep Time: 20 minutes  
 Total Time: 40 minutes

### Directions

1. Rinse the quinoa and drain. Place in a medium saucepan with the water and a pinch of salt. Bring to a boil, cover and lower heat to a simmer. Cook for about 15 minutes until water is absorbed. Turn off heat and let sit for 5 minutes. Place in a large mixing bowl and toss to help cool.
2. While the quinoa is cooking, make the dressing. Place salt, cumin, lime juice, oil, and pepper in a jar and shake to combine.
3. Chop the red or green pepper in to small pieces and place in a bowl. Mince the cilantro and add to bowl. Dice the onion in to small pieces and add to the bowl as well.
4. When the quinoa is cooled off, add the dressing. Add the black bean and the vegetables.
5. Toss gently to combine. Chill until ready to serve.

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### Nutrition Facts

Serving Size 0.5 cup (158.57g)  
 Servings Per Container 10

#### Amount Per Serving

**Calories** 240      **Calories from Fat** 90

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 6g      **24%**

Sugars 2g

**Protein** 9g

Vitamin A 10%      •      Vitamin C 40%

Calcium 6%      •      Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.

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