

Cumin Lime Black Bean Quinoa Salad

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/black-bean-recipe-cilantro-mexico-nyt>

Ingredients:

- 1 cup quinoa uncooked, or 3 cups cooked
- 15 ounces black beans or 1.5 cups cooked, drained and rinsed
- 1 1/2 cups cilantro finely chopped
- 3 carrots small/medium, julienned, about 1.5 cups OR 1 large chopped and roasted sweet potato
- 4 green onions chopped
- fine grain sea salt
- black pepper
- 3 tablespoons fresh lime juice about 1 lime
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic minced, or 1/2 tsp garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon pure maple syrup or other liquid sweetener
- 1/2 teaspoon fine grain sea salt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 55 grams
3. Fat: 10 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 940 milligrams
8. Sugar: 4 grams

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