

Red Quinoa and Black Bean Vegetable Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-vegetable-salad-recipe>

Ingredients:

- 1 cup quinoa uncooked Red
- 14 ounces black beans drained and rinsed
- 1 red pepper chopped
- 1/4 cup fresh cilantro finely chopped
- 2 green onions chopped
- 1 cup corn fresh, optional *see note
- 1 avocado small, chopped into 1 inch pieces
- 4 1/2 tablespoons fresh lime juice Juice from 2 small limes
- 1/2 teaspoon kosher salt or to taste
- 1/2 teaspoon ground black pepper Freshly
- 1 garlic clove minced
- 1/4 cup fresh cilantro finely chopped
- 1/4 cup extra virgin olive oil
- 1/2 teaspoon ground cumin or more to taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 53 grams
3. Fat: 21 grams
4. Fiber: 14 grams
5. Protein: 13 grams
6. SaturatedFat: 3 grams
7. Sodium: 620 milligrams
8. Sugar: 3 grams

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