

## Zesty Quinoa Salad

adapted from allrecipes.com

### Ingredients:

**1 cup quinoa**  
**2 cups water**  
**¼ cup extra virgin olive oil**  
**2 limes, juiced**  
**2 teaspoons ground cumin**  
**1 teaspoon salt**  
**½ teaspoon red pepper flakes**  
**1 ½ cups halved cherry tomatoes**  
**1 (15 oz.) can black beans**  
**5 green onions, finely chopped**  
**¼ cup chopped fresh cilantro**  
**Salt and pepper to taste**

### Directions:

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover and simmer until quinoa is tender and water has been absorbed 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and pepper. Serve immediately or chill in refrigerator

**Prep Time:** 20 minutes

**Cook:** 10 minutes

**Ready in:** 30 minutes

### Tips & Facts:

Quinoa is a high quality protein food  
 Use any fresh herbs in season  
 Add additional fresh vegetables for flavor and nutrition

### Nutrition Facts (per serving):

Calories: 270 cal;

Carbohydrates: 33.8g;

Total Fat: 11.5 g;

Protein: 8.9 g;

Fiber: 8.4 g;

Cholesterol: 0mg;

Sodium: 739 mg

### Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
quinoa	\$6.49	\$3.25
Olive oil	\$5.39	\$1.34
limes	\$1.38	\$1.38
cumin	\$3.29	.33
Red pepper flakes	\$3.09	.30
Black beans	.89	.89
Green onions	.79	.79
cilantro	\$1.59	.80
<b>TOTAL</b>	<b>\$22.91</b>	<b>\$9.08</b>
		Cost per Serving \$1.51: