



# Quazy Quinoa Salad

Serves 10

## Ingredients:

- 1 cup quinoa, rinsed well
- 2 cups water
- ¼ cup extra virgin olive oil
- 2 limes, juiced
- 2 tsp cumin
- 1 tsp salt
- ¼ tsp red pepper flakes
- 1½ cups cherry tomatoes, halved
- 15-oz. can low sodium black beans, drained and rinsed
- 6 scallions, finely chopped
- ¼ cup cilantro, chopped
- salt and pepper, to taste

## Materials:

- colander
- saucepan
- whisk
- juicer, optional
- cutting mat
- knife
- mixing bowls – small and medium

## Directions:

1. Rinse quinoa and place in saucepan with water. Bring to a boil. Reduce heat and simmer until water is absorbed and quinoa is tender, about 15 minutes. Let cool.
2. Cut limes in half and squeeze juice into a small mixing bowl. Whisk in olive oil, cumin, salt, and pepper flakes.
3. Cut tomatoes in half. Chop cilantro and scallions.
4. Drain and rinse beans and place in medium bowl. Add quinoa, tomatoes, cilantro, and scallions.
5. Pour dressing over salad and mix to combine. Season with a little salt and pepper, if needed. Serve immediately or refrigerate.



Nutrition Facts	
Serving Size 1/10 of recipe	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 60</b>
<small>% Daily Value*</small>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein 4g</b>	
<b>Vitamin A 6%</b>	<b>Vitamin C 15%</b>
<b>Calcium 4%</b>	<b>Iron 10%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
<small>Total Fat</small>	<small>Less than 65g 50g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9</small>	<small>Carbohydrate 4 • Protein 4</small>