

# Black Bean Quinoa Salad

compliments of Shirley Swenson from Penzeys Spices

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1 mango, peeled and diced small  
1 red bell pepper, seeded and diced small  
1 cup thinly sliced scallions (about 4-5 large)  
1 Tbsp. vegetable oil (such as Canola or grapeseed)  
2 Tbsp. wine vinegar, balsamic vinegar, or flavored balsamic vinegar (I use balsamic)  
¼ tsp. salt  
½ tsp. freshly ground pepper  
1 tsp. Italian Salad Dressing seasoning mixed with 2 tsp. water  
2 cups cooked quinoa, cooled (1 cup raw)  
1 15-oz. can black beans, rinsed and drained (I prefer Goya)  
1 or 2 finely diced jalapeno peppers

Cook 1 cup quinoa with 2 cups of water and a small amount of salt for about 15 minutes until all the water is absorbed. Cool while you dice and mix the other ingredients. Mix everything together. Serve over greens if you prefer.

Note: Quinoa is a super-healthy, quick-cooking grain.

Nutritional Information: Recipe serves 4 to 8 people. Serving size: 1 ½ cups. Calories: 300; calories from fat: 90; total fat: 10g; cholesterol: 0mg; sodium: 280 mg; carbohydrate: 40g; dietary fiber: 11g; protein: 14 g; sugar 11g.

Yield: 3 cups (serving size: ¼ cup). Serve with roast pork or lamb chops, tuck inside burritos, or serve as a dip with tortillas chips.