



QUINOA AND BLACK BEAN SALAD^o

SERVES: 6 (1 cup each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ 1 1



I usually make a bunch of quinoa at the beginning of the week, so I'm always looking for things to mix it into instead of just eating it by itself. I usually throw some quinoa in with fruit or veggies or whatever I have handy. Out of all the combinations, this recipe is my hands-down favorite.

- ½ cup** **canned black beans, drained, rinsed**
- 2 cups** **cooked quinoa**
- 1 cup** **red bell pepper, finely chopped (approx. 1¼ medium)**
- 1 cup** **orange bell pepper, finely chopped (approx. 1¼ medium)**
- 1 cup** **yellow bell pepper, finely chopped (approx. 1¼ medium)**
- ½ cup** **frozen corn kernels, thawed**
- 3 Tbsp.** **fresh lime juice**
- 2 tsp.** **red wine vinegar**
- 2 Tbsp.** **olive oil**
- 1½ tsp.** **ground cumin**
- 1 tsp.** **sea salt (or Himalayan salt)**
- Ground black pepper (to taste; optional)**
- 1 bunch** **fresh cilantro, finely chopped**

- 1.** Combine beans, quinoa, bell peppers, and corn.
- 2.** Add lime juice, vinegar, oil, cumin, salt, and pepper (if desired).
- 3.** Garnish with cilantro.

RECIPE NOTES:

- This salad is delicious when eaten immediately.
- It holds well, refrigerated in an airtight container, and can be stored for up to 2 to 3 days.

^o**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

NUTRITIONAL INFORMATION (per serving): Calories: 166 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 200 mg Carbohydrates: 24 g Fiber: 5 g Sugars: 2 g Protein: 5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

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