Very Vegan Quinoa Salad

This warm salad can be used as a side dish or as a main course. Not only is quinoa a whole grain, but it is also a complete protein, making it a perfect dish for everyone!

Serves 6

Ingredients

- 1 cup quinoa
- 2 cups water
- 1 can black beans, rinsed and drained
- 1 cup fresh or frozen corn kernels
- 3 green onions, chopped
- 3 medium tomatoes, chopped
- 1 small zucchini, chopped
- 2 tablespoons olive oil
- Juice from one lime
- 2 teaspoons cumin
- 1 clove garlic, minced
- 1/8 teaspoon ground black pepper
- 3 tablespoons fresh cilantro, chopped

Directions

1. Cook quinoa in boiling water for about 15 to 20 minutes, or until all the water is absorbed and the little “tails” appear.
2. While quinoa is cooking, lightly sauté zucchini, corn, and any other desired vegetables.
3. Place the warm quinoa in a large bowl. Add the beans, sautéed veggies, green onion, and tomato.
4. Mix olive oil, lime juice, garlic, black pepper and cumin and stir into quinoa mixture.
5. Salad can be served warm or at room temperature.
6. Sprinkle chopped cilantro leaves on top

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories 170</td>
</tr>
<tr>
<td></td>
<td>Calories from Fat 45</td>
</tr>
<tr>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
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Vitamin A 4%

Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Please note: nutritional values are approximate.