

# 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

## Nutrition Facts

Serving Size About 1 Cup  
Servings Per Recipe 6

Amount Per Serving

**Calories** 170    **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g    **8%**

    Saturated Fat 0.5g    **3%**

    Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 120mg    **5%**

**Total Carbohydrate** 29g    **10%**

    Dietary Fiber 5g    **20%**

    Sugars 3g

**Protein** 6g

Vitamin A 4%    •    Vitamin C 25%

Calcium 4%    •    Iron 15%

\*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: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

## 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 sautee zucchini, corn, and any other desired vegetables.
3. Place the warm quinoa in a large bowl. Add the beans, sauteed 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

Please note: nutritional values are approximate.

