



Columbia Grain™

CULTIVATING GROWTH™

## RECIPE

# Black Bean Quinoa Salad

Welcome summer flavors with this fresh black bean quinoa salad, brimming with cilantro, corn, and topped with avocado. Black beans are rich in iron, phosphorus, calcium, magnesium, manganese, copper, and zinc.

Recipe by USA Pulses

### INGREDIENTS

- 1 cup quinoa
- 2 cups water
- Two 15 oz cans of black beans, rinsed and drained
- One 15 oz can sweet corn; drained and rinsed (or 3 ears of corn, corn kernels removed)
- ½ diced red onion
- 2 cups chopped purple cabbage
- 1 cup chopped cherry tomatoes
- 1 chopped yellow bell pepper
- 1 bunch cilantro, stems removed and roughly chopped
- 2 limes, juiced
- 2 tbsp olive oil
- ½ tsp sea salt
- ½ tsp black pepper
- 1 avocado, diced

### INSTRUCTIONS

1. Add water to a medium saucepan and bring to a boil. Add quinoa, reduce heat to a simmer, cover, and cook for 15 minutes. Remove from heat, let sit for 5 minutes, uncover and fluff with a fork. Let cool slightly.
2. To a large bowl add black beans, corn, red onion, purple cabbage, tomatoes, and cilantro. Stir in cooked quinoa and mix well.
3. Add lime juice, olive oil, sea salt, and black pepper. Stir well.
4. Top with avocado, serve, and enjoy!
5. Mexican quinoa will keep for 3-4 days in the refrigerator in a sealed container.



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