

# Zesty Quinoa Salad

Presented by Chef Ann Mehaffy 6/27/18

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## INGREDIENTS

- 1 cup quinoa
- 2 cups water
- ¼ cup extra virgin olive oil
- 2 limes, juiced
- 2 tsp ground cumin
- 1 tsp salt
- ½ tsp red pepper flakes, or more to taste
- 1 ½ cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- ¼ cup chopped fresh cilantro
- Salt & ground black pepper to taste

## DIRECTIONS

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool
2. Whisk olive oil, lime juice, cumin,, 1 tsp salt and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator