

QUINOA AND BLACK BEAN SALAD

Base Ingredients:

- 1 cup Quinoa
- 1 can Black Beans (rinsed & drained)
- 3 tbsp. Apple Cider Vinegar
- 1/2 cup chopped Cilantro
- 1 tsp. Cumin
- 1 tsp. Salt
- 1 tsp. Chili Powder
- 2 tbsp. Olive Oil
- 1 Lime

This recipe keeps for up to 1 week in the fridge!

Veggie Ingredients:

- 1 Tomato
- 1 1/2 cups Frozen Corn
- 1 Red Bell Pepper
- 1 Green Bell Pepper
- 1 Red Onion
- 1 Avocado
- 1 1/2 cups Cabbage
- 1 Shallot
- 1 Cayenne Pepper
- 4 Green Onions

Use any combo of 5 ingredients from this list that you like!



Directions:

1. Cook quinoa according to package
2. Chop and dice all veggies
3. Mix together Apple cider vinegar, olive oil, cilantro, cumin, salt, chili powder, and lime in a large bowl *to make your dressing*
4. Add your chosen combo of veggie Ingredients to the bowl and toss with your dressing
5. Refrigerate the mix to let it chill OR you can eat warm immediately
6. Serve in **1 cup** portions and enjoy!