

Quinoa & Bean Salad

INGREDIENTS

1/2 cup quinoa
1 cup low-sodium vegetable stock or water
1/2 tsp salt
1/2 yellow bell pepper
1/2 bunch green onions
1/4 bunch cilantro
2 cups cooked black beans
2 tomatoes
1 cup zucchini
1 cucumber
2–3 tbsp red onion
3 tbsp sherry vinegar or white vinegar
2 tbsp low-sodium soy sauce
2 tbsp lime juice
2 tsp chipotle pepper purée
Sea salt, to taste
Black pepper, ground
1/2 cup avocado

METHOD

1 Cook the Quinoa. Rinse the quinoa under cold water until the water runs clear. Place the quinoa, vegetable stock or water, and salt in a small pot. Bring to a boil. Cover and reduce heat to a simmer. Cook for about 15 minutes, until the liquid is absorbed.

Remove from heat and let rest, covered, for at least 5 minutes. Spread the quinoa on a plate and let cool completely.

2 Prep. Dice the yellow bell pepper or mango. Slice the green onions. Roughly chop the cilantro. Seed and dice the tomatoes. Dice the zucchini and cucumber. Finely dice the red onion. Dice the avocado.

3 Assemble. In a large bowl, whisk together the vinegar, soy sauce, lime juice, and chipotle pepper purée. Next, add the cooked quinoa, black beans, bell pepper or mango, green onions, cilantro, tomatoes, zucchini, cucumber, red onion, and avocado. Gently toss to combine. Taste and adjust seasoning with sea salt and freshly ground black pepper. Serve immediately or refrigerate for up to a few days.

TIPS & ADDITIONAL INFORMATION

Rinsing quinoa removes natural compounds called saponins, which can taste bitter.

You can substitute the 1/2 yellow bell pepper with 1/2 mango.

If you can't find chipotle purée, blend canned chipotle peppers in adobo sauce until smooth.