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Wellness Ideas for Everyday Living.

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Quinoa and Black Bean Salad

Makes 1 serving

Ingredients:

1/2 cup	quinoa (makes approx. 2 cups cooked)
1 cup	water
1/2 cup	cooked beans (look for salt free brands)
1	celery stalk
10	cherry tomatoes cut in half
1	medium carrot grated or chopped
1	green onion, thinly sliced
2 tbsp	olive oil and lemon juice dressing

Directions:

1. Rinse quinoa under cold water to remove saponins (some quinoa sold is already rinsed).
2. Place quinoa in a pot with 1 cup of cold water, bring to a boil, cover, simmer for 15 minutes, let rest for 5 minutes.
3. While quinoa is cooking, chop and/or slice celery, tomatoes, carrot, green onion and place in a bowl.
4. Add beans to vegetables.
5. Make dressing (see recipe below).
6. Add quinoa to vegetables.
7. Mix in dressing.

Olive Oil and Lemon Juice Dressing

Makes 2 tbsp

1/2 tbsp	Extra Virgin Olive oil
1 tbsp	Water
1/2 tbsp	Fresh Lemon Juice
1 tsp	Dried Basil
1 tsp	Dried Thyme
2 tsp	Ground Mustard

Add all ingredients into a mason jar and shake.