

Quinoa Black Bean Salad

Eaten hot or cold, this versatile dish complements so many other foods. If your main course is not too bold and not too shy then, like mama bear's porridge in the Goldilocks story, it's just right.



Ingredient list for 4 - 6 servings

- 1 cup quinoa
- 4 green onions - thinly sliced
- 1 can black beans - drained and rinsed
- 3 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons balsamic vinegar
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons honey
- ½ teaspoon kosher salt
- 2 small garlic cloves - finely chopped
- ¼ teaspoon cayenne to taste



- Place quinoa and 2 cups water in a heavy, medium saucepan over high heat and bring to a boil. Lower heat; cover and simmer 15 minutes, or until liquid is absorbed.
- Stir in the green onions and black beans. Cover and set aside.
- Whisk together the remaining ingredients in a small bowl until well combined.
- Pour dressing over quinoa and stir to coat. Serve warm or at room temperature.



Note: Quinoa seeds are sold in packages of white, red, black or a combo of the three colors. You can mix and match to your heart's content. If you feel the need to pre-rinse before cooking, just put it in a wire strainer and give it a splash in the sink.