



Quinoa, Veggie, and Black Bean Salad

This recipe is a great example of how plant foods can make a healthy, filling meal! Quinoa contains all 9 essential amino acids making it a complete protein. The addition of beans adds more protein and fibre. This salad can be eaten warm or cold and makes a perfect potluck dish or grain salad to keep in the fridge for leftovers.

Prep: 10 minutes • Total: 30 minutes

Ingredients:

Vegetable oil	1 tsp	5 mL
Onion, chopped	1 each	1 each
Red bell pepper, diced	1 each	1 each
Garlic, peeled and chopped	3 cloves	3 cloves
Quinoa (measure uncooked)	¾ cup	180 mL
Vegetable broth	1.5 cups	375 mL
Ground cumin	1 tsp	5 mL
Cayenne pepper	¼ tsp	2 mL
Frozen corn kernels	1 cup	250 mL
Black beans	1 can	15 ounces
Fresh cilantro	½ cup	125 mL

Directions:

1. Heat the oil in a medium saucepan over medium heat. Add the onion and sauté until lightly browned.
2. Mix in the garlic and heat until fragrant, about 30 seconds,
3. Stir in the quinoa, then pour in the vegetable broth. Season with cumin and cayenne.
4. Cover, reduce heat to low, and simmer for 20 minutes.
5. Stir in the frozen corn and continue to simmer about 5 more minutes, until heated through. Remove from heat and stir in black beans and cilantro.
6. Serve warm or cold.

Nutrition Facts

Serving Size (183g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 6g	
Vitamin A 20%	Vitamin C 70%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Makes 8 servings (183 g / serving) • 1 serving = ¾ cup

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