

Black Bean and Quinoa Salad

Prep time: 15 minutes

Cooking time: 0

Yields: 4 servings

Ingredients:

2 cups quinoa cooked

1/2 cup Extra Virgin Olive Oil

1 teaspoon ground cumin

1 clove garlic chopped

Juice of one lime

1 15 oz. can black beans, rinsed and drained well

1 cup grape tomatoes, cut in half lengthwise

1/2 cup green onions, chopped

1/4 cup cilantro, chopped

1 tbsp sriracha hot sauce

Salt and pepper to taste

Directions:

Combine all ingredients in a large bowl and mix well. For best results let sit at room temp. or refrigerated 30 minutes before serving.

Chef Mat Shalenko, Health Coach

www.junehealthandwellness.com