

STOPLIGHT QUINOA SALAD

INGREDIENTS

1 ½ cups quinoa
3 tablespoons red wine vinegar
1 can black beans, drained and rinsed
¾ cup red onion, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 green bell pepper, diced
½ cup cilantro, chopped
5 tablespoons lime juice
5 tablespoons olive oil
1 ½ teaspoons ground cumin
¼ teaspoon ground coriander
1 teaspoon salt

METHOD

Rinse and strain the quinoa. Put it in a pot with 3 cups of water. Bring to a boil, then reduce to a simmer. Cover and let simmer for about 20 minutes. Remove from heat and leave the lid on for 10 minutes while the quinoa continues to steam. Uncover and fluff with a fork.

Transfer the quinoa to a bowl and drizzle with the red wine vinegar. Add the black beans and vegetables.

In a small bowl or jar, mix together the lime juice, olive oil, and spices. Pour over the quinoa mixture. Toss all together and chill before serving.