Curried Quinoa Salad with Black Beans and Mango

Ingredients
- 1 cup red quinoa
- 1 quart water
- 1/2 cup mango pieces, chopped
- 2 ounces red pepper, chopped
- 3 ounces cucumbers, peeled and diced
- 1/4 cup red onion, minced
- 3 ounces baby spinach, chopped
- 1 15.5 ounce can black beans, drained and rinsed
- 1/2 ounce fresh cilantro, chopped
- 1/4 cup canola oil
- 3 tablespoons balsamic vinegar
- 1 1/4 teaspoon curry powder
- 1/4 teaspoon salt and pepper mix
- 1 tablespoon white vinegar

Preparation Instructions
1. Combine red quinoa and water in a pot.
2. Bring to a boil and cook for 15 minutes.
3. Drain through a sieve.
4. Whisk together the oil, vinegar, curry, cumin, salt and pepper mix
5. Pour the mixture over the remaining ingredients. Toss to coat.

Serves: 10-4.5 ounce portions

Nutrition Facts
Serving Size (201g) Servings Per Container
Amount Per Serving
Calories 180 | Calories from Fat 60
Total Fat 7g | % Daily Value
Saturated Fat 0g | 11%
Trans Fat 0g | 0%
Cholesterol 0mg | 0%
Sodium 250mg | 10%
Total Carbohydrate 26g | 9%
Dietary Fiber 4g | 16%
Sugars 7g | 
Protein 5g | 

Vitamin A 10% | Vitamin C 15%
Calcium 4% | Iron 6%

*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 65g | Less than 20g
Saturated Fat 20g | Less than 20g
Cholesterol 300mg | Less than 300mg
Sodium 2,400mg | Less than 2,400mg
Total Carbohydrate 300g | Less than 375g
Dietary Fiber 25g | 30g

Calories per gram: 
Fat 9 | Carbohydrate 4 | Protein 4