

# Better Me Weekly Recipes

## 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

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