

Quinoa and Black Bean Salad

An RIT Dining Services recipe for



Ingredients

1/2 tsp. lime zest	2 1/2 oz. black beans, drained and rinsed
1 7/8 tsp. lime juice	2 1/2 oz. tomatoes, diced 1/4"
1/2 c. + 2 tbs. water	1 1/4 oz. onions, thinly sliced
1 7/8 tsp. canola oil	7/8 tsp. cilantro, finely chopped
7/8 tsp. sugar	1/4 tsp. salt
1/4 c. + 3 1/3 tbs. quinoa	1/4 tsp. coarse ground black pepper

Preparation

Makes four 4 oz. servings

Cook quinoa according to manufacturer's cooking instructions. Place in refrigerator to cool. When quinoa is cooled, combine all of the ingredients and mix well. Wrap and keep refrigerated until ready to serve.