



## Quinoa Black Bean Salad/Tacos

Yield: 4-6 servings

### Ingredients:

- 1 can (15 oz) organic black beans drained and rinsed
- 2 cups frozen corn, thawed
- 1/2-pint grape tomatoes, sliced
- 1 red, orange or yellow bell pepper, diced
- $\frac{1}{4}$  cup diced green onions
- 2 cups cooked quinoa
- $\frac{1}{2}$  bunch fresh cilantro or Italian parsley finely chopped
- $\frac{1}{4}$  cup extra virgin olive oil
- zest and juice of 1 lemon (try also substituting lime)
- sea salt

### Directions:

1. In a large bowl, combine the black beans, corn, tomatoes, quinoa, bell pepper, cilantro or parsley and onion.
2. Whisk together the lemon and olive oil.
3. Pour on salad and toss to combine. Season with salt.

### Serving suggestions:

- ❖ Serve as a salad
- ❖ Serve in a soft taco shell topped with avocado and salsa
- ❖ Serve in tortilla chips "scoops"