AMERICAN · LUNCH · DINNER · SIDE

Black Bean and Quinoa Salad

25 min · Serves 4 · 413 kcal a serve · Video 9:05 · Elizabeth Rider

Vegan · Gluten-free ingredients · No nuts listed

Quinoa and black beans together give plant protein and around 14 g of fibre per serve, plus iron, magnesium and folate. Dressed with olive oil and lime rather than a creamy dressing.

Diet notes: Low saturated fat (2.2 g, 5% of the energy).

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Ingredients 11 · SERVES 4

- [ ] 470 ml cooked **quinoa** (from 240 ml dry)
- [ ] 1 **garlic** clove, pressed
- [ ] **Lime juice**: juice of 1 lime
- [ ] 1 tsp **ground cumin**
- [ ] ¼ tsp **cayenne pepper** (optional)
- [ ] 1 tsp **fine sea salt**
- [ ] 60 ml **extra-virgin olive oil**
- [ ] 2 × 430 g cans **black beans**, rinsed and drained
- [ ] 1 **red bell pepper**, finely diced
- [ ] 6 **green onions**, white and light green parts chopped
- [ ] 1 handful **coriander** (about 5 g), roughly chopped

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse the quinoa well in a fine sieve. Put it in a pan with just under twice its volume of water and a pinch of salt, bring to the boil, then simmer for 12 minutes until the water is absorbed. 1:21
2. While it cooks, make the dressing in a large bowl: press in the garlic and let it sit a minute, then add the lime juice, cumin, cayenne and salt and whisk in the olive oil. 2:23
3. Dice the bell pepper about the size of a bean, slice the white and light green parts of the spring onions and roughly chop the coriander. 4:07
4. Add the warm quinoa, drained black beans and vegetables to the dressing and toss well so the warm grains soak up the flavour. Taste and add more salt if needed. 7:31
5. Serve warm, at room temperature or chilled; it tastes even better after a few hours in the fridge.

> **Tip** Serves 4 as a main (our estimate); the cook's printable recipe uses 1 can of beans and makes 10 side servings. Keeps 4–5 days in the fridge, so it makes great packed lunches.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
413 kcal	16 g	53 g	15 g	16 g	840 mg
1,730 kJ	31% of a day	39 g net · 3.5 g sugars	52% of a day	2.2 g saturated	37% of a day
		19% of a day		21% of a day	

Energy from net carbs 42% · protein 18% · fat 40%

High in (20%+ of a day) Folate 63% · Vitamin C 61% · Vitamin K 54% · Magnesium 37% · Vitamin E 29% · Iron 27% · Zinc 24% · Vitamin B6 20% · Omega-3 20%

Source of (10–19%) Potassium 16%

Recipe and video: Elizabeth Rider (@ElizabethRider) on YouTube — youtube.com/watch?v=aPhBV_koq5g, published 13 February 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/elizabeth-rider-black-bean-quinoa-salad