

# QUINOA & BLACK BEAN SALAD

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COURSE: SALAD CUISINE: AMERICAN

KEYWORD: BLACK BEANS, INSTANT POT, QUINOA, SALAD, VEGAN

PREP TIME: 5 MINUTES COOK TIME: 25 MINUTES

TOTAL TIME: 30 MINUTES SERVINGS: 4 CALORIES: 315KCAL

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STARCH | *Gluten-free, Dairy-free, Soy-free, Egg-free, Nut-free*

This Quinoa & Black Bean Salad is loaded with fresh vegetables and tossed in a spicy lime dressing, for a Southwestern flare. It's loaded with plant-based protein and makes an easy packed lunch or vegetarian dinner.

## INGREDIENTS

- 1 cup dry quinoa , rinsed
- 1 cup water
- 2 tablespoons extra-virgin olive oil
- 1/4 cup freshly squeezed lime juice
- 1 tablespoon raw apple cider vinegar
- 1 tablespoon pure maple syrup (optional)
- 1 clove garlic , minced
- 1 teaspoon ground cumin
- pinch cayenne pepper
- 1 teaspoon fine sea salt
- 1 red bell pepper , seeded and chopped
- 1/2 red onion , finely chopped
- 3 green onions , chopped (about 1/2 cup)
- 1/2 cup freshly chopped cilantro
- 1 1/2 cups cooked black beans (or 1 can rinsed and drained)

## INSTRUCTIONS

1. To cook the quinoa in the Instant Pot, combine the quinoa and water in the bottom of the pot. Secure the lid and move the steam release valve to Sealing, then use the Manual or Pressure Cook button to cook at high pressure for 1 minute. Let the pressure naturally release for 15 minutes. When the screen reads LO:15, move the steam release valve to Venting to release any remaining pressure, then remove the lid and fluff the quinoa with a fork. Remove the stainless steel insert from the Instant Pot housing to help the quinoa cool faster. (See stove top directions in the notes below.)
2. While the quinoa is cooking, stir together the olive oil, lime juice, vinegar, maple syrup, garlic, cumin, cayenne, and salt in a bowl and set it aside. This is also a great time to chop the pepper, red onion, green onions, and cilantro while you wait for the quinoa to finish cooking.
3. When the quinoa is ready, stir in the dressing, pepper, red onion, green onions, and black beans, and toss well to make sure the dressing is evenly distributed. These should help to cool the quinoa even more, then stir in the cilantro. While the salad is still warm, the flavors might be a little strong, but they will mellow as the salad cools down in the fridge. I recommend chilling it for at least an hour before serving for best flavor.
4. This salad should keep well in an airtight container in the fridge for up to 5 days.

**NOTES**

Stove Top Directions: To prepare the quinoa on the stove, combine the quinoa with 2 cups of water and bring the mixture to a boil over high heat. Once boiling, turn the heat down to low, cover the pot, and let the quinoa cook until tender, about 15 minutes. Remove the lid, remove the pan from the heat to let it cool, and fluff it with a fork.

**NUTRITION**

Calories: 315kcal | Carbohydrates: 46g | Protein: 10g | Fat: 10g | Saturated Fat: 1g | Sodium: 839mg | Potassium: 583mg | Fiber: 8g | Sugar: 5g | Vitamin A: 1020IU | Vitamin C: 47.2mg | Calcium: 62mg | Iron: 3.8mg

<https://detoxinista.com/the-best-quinoa-black-bean-salad/>