

# Southwest Quinoa Salad

## Ingredients

- 1 cup quinoa
- 2 tbsp canned black beans, low sodium
- 2 tbsp red bell peppers
- 1/3 cup cilantro
- 1 tbsp corn
- 1/8 tsp kosher salt
- 1/8 tsp chili powder
- 1/8 tsp cumin
- 1/2 tsp vegetable oil
- 1 tsp red wine vinegar

## Notes

**Number of Portions:** 4

**Serving Size:** 3/4 cup

**Nutrition Facts:** 179 calories, 3.35 g fat, 0.41 g saturated fat, 26 mg sodium, 30.61 g carbohydrate, 3.67 g fiber, 0.2 g sugar, 6.8 g protein

## Directions

1. Cook quinoa following the packages instructions. Let cool.
2. Drain and rinse black beans, dice red bell pepper, and chop cilantro, then mix with corn.
3. Once quinoa is cooled, mix all ingredients together and let chill for 30 minutes before serving.

