



Dinner Side Recipes

Southwest Quinoa Salad

Ingredients:

- 1 cup quinoa cooked according to package (I use low sodium chicken broth instead of water to increase flavor)
- 1 can black beans
- 1 small red bell pepper, diced
- 4 green onions, chopped
- ¼ cup chopped cilantro
- 1/4 cup olive oil
- 2 freshly squeeze lime juice
- 1 tsp cumin
- ½ tsp black pepper
- 1 tsp salt



Directions:

1. Cook quinoa according to package with low sodium chicken broth
2. Transfer to large mixing bowl and let cook for about 20 minutes
3. While quinoa is cooling, whisk olive oil, lime juice, cumin, salt and pepper in a small mixing bowl
4. When quinoa is cooled, add bell pepper, onions, black beans and cilantro
5. Stir in dressing
6. Let salad chill in the refrigerator for at least one hour before serving

ENJOY!

Makes 5 servings, serving size is 2/3 cup

Nutrition Information:

Meal Plan Blocks:

1 serving: 166 calories, 3 grams protein, 12 grams carbs, 11 grams fat

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