



UNIVERSITY OF WYOMING  
EXTENSION

**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**FEBRUARY**



## ZESTY QUINOA SALAD

Adapted from Allrecipes.com

### INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1/4 cup olive oil
- 1 lime, juiced
- 1 tsp. ground cumin
- 1/2 tsp. salt
- 1/2 tsp. red pepper flakes
- 1-1/2 cups halved cherry tomatoes
- 1 (15 oz) can black beans, drained and rinsed
- 2 green onions, finely chopped
- 1/4 cup chopped fresh cilantro

### DIRECTIONS

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low. Cover and simmer until quinoa is tender and water has been absorbed, about 10-15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, salt and red pepper flakes together in a bowl. Set aside.
3. In a separate bowl, combine quinoa, tomatoes, black beans and green onions. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with black pepper. Serve immediately or chill in refrigerator.



### Quinoa Salad

#### Nutrition Facts

Serving Size: 1/2 cup (0.0g)

Servings Per Container: 8

**Amount Per Serving**

**Calories** 190      Calories from Fat 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 4g      **16%**

Sugars 1g

**Protein** 6g

Vitamin A 8%      •      Vitamin C 10%

Calcium 4%      •      Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WATER, TAP, DRINKING, ORGANIC BLACK BEANS, CANNED, NO SALT ADDED, CHERRY TOMATO, QUINOA, UNCOOKED, LIME JUICE, RAW, OLIVE OIL, ONIONS, YOUNG GREEN, TOPS ONLY, CILANTRO, SALT, TABLE, RED PEPPER FLAKES, CUMIN