

Quinoa Salad with Black Beans, Avocado and Cumin-Lime Dressing

serves 4-6

Ingredients

- 1 cup dry quinoa, rinsed
- 1 tablespoon olive oil or coconut oil
- 1 3/4 cup water
- 1 can black beans, drained and rinsed
- 1 avocado, chopped into chunks
- 1 cup cherry tomatoes, quartered
- ½ cup celery, diced
- 1/4 cup red onion, diced (can substitute green onions)
- 1 small clove garlic, minced
- 1 red bell pepper, chopped into chunks
- ½ cup cilantro, diced
- 2 limes, juiced
- 1 tablespoon olive oil
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 1 teaspoon cumin
- ¾ tablespoon all-purpose seasoning
- ½ teaspoon salt

Directions

1. Warm the olive/coconut oil in a medium saucepan over medium heat. Once it's hot add the rinsed quinoa and toast for about 2-3 minutes until it starts smelling nutty and lovely. Add water, stir once, cover, and simmer with a lid on for 20 minutes.
2. While the quinoa is cooking, begin to prepare other ingredients. Prepare the dressing by combining the lime juice, olive oil, vinegar, sugar, cumin, all-purpose seasoning and salt. Whisk it aggressively. Adjust seasonings to taste.
3. When the quinoa has finished cooking, remove it from heat and fluff with a fork. Add black beans and toss to warm them through.
4. Let the quinoa cool for about five minutes and then add all the remaining ingredients, including the prepared dressing. Mix well. Serve with tortilla chips.