

Confetti Quinoa

Serves: 4-6

Ingredients:

- 2-3 cup cooked quinoa, cooled
- 1 can black beans, drained and rinsed
- Red bell pepper, diced
- Broccoli, diced
- Carrot, diced
- Tomato, chopped
- Greens
- 1 mango, diced
- ½ - 1 avocado, diced
- 1 green onion
- ¼ cup cilantro, chopped
--> or substitute with 1-2 Tbsp dried cilantro

Any vegetables, fresh, frozen, or canned that you have on hand will work – varieties are endless



Dressing Ingredients:

- 2-3 Tbsp lime juice
- 1 Tbsp red wine vinegar
- 1 Tbsp extra virgin olive oil
- 1 Tbsp honey (optional)
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine quinoa, beans, all vegetables, mango, avocado, green onion, and cilantro.
2. In a separate bowl, whisk together dressing ingredients.
3. Pour dressing over quinoa bowl and toss to coat. Chill until ready to serve.

Health Benefits of Quinoa

- ❖ Complex carbohydrate that provides 3 grams of fiber per serving (¼ cup uncooked serving)
- ❖ Good source of plant protein: 6 grams of protein per serving
- ❖ Contains all nine essential amino acids
- ❖ Rich in certain vitamins and minerals: manganese, phosphorus, thiamine, magnesium, and folate