

Quinoa salad with black beans and mango - from Veganomicon



Now, isn't that a beautiful, colorful salad? Although this recipe is made with quinoa (a great source of protein by the way), you can use any leftover grains, beans and fruit you have around. It's a quick recipe and sure to delight vegans, vegetarians, omnivores and carnivores alike! Enjoy!

Ingredients:

1 mango, peeled and diced small
1 red pepper, seeded and diced as small as you can get it
1 cup chopped scallions
1 cup chopped fresh cilantro
2 tablespoons red wine vinegar
2 tablespoons grapeseed oil
1/4 teaspoon salt
2 cups cooked quinoa, cooled
1 1/2 cups black beans, drained and rinsed (a 15-ounce can) - If you like to soak your beans, like I do, about 1/2 cups dried beans will yield 1 1/2 cups cooked
Sometimes, I add a chopped avocado since you can never go wrong with avocado
A few leaves of lettuce for garnish

Directions:

1. Combine the mango, red pepper, scallions, and cilantro in a mixing bowl.
2. Add the red wine vinegar, grapeseed oil, and salt
3. Stir to combine.
4. Add the quinoa and stir until everything is well incorporated.
5. Fold in the black beans.
6. Serve immediately or let it sit for a bit for the flavors to meld. To serve, place a few leaves of lettuce on a plate and scoop some salad onto it. It tastes good chilled and even better at room temperature.

Note: To cook quinoa, bring 1 cup dried quinoa and 2 cups of water to a boil in a small pot. Once the mixture is boiling, lower the heat to a simmer and cook for 15 minutes, until all the water has been absorbed. Remove from heat and fluff with a fork. Set aside to cool, and once it has cooled, you can prepare the salad.