



Quinoa, Black Bean, Apple & Grape Salad

Courtesy Connoisseurusveg.com

Makes: 6 servings

Ingredients

For the Salad:

- 3 c s cooked quinoa
- 2 diced Gala or Fuji apples (leave skin on)
- 2 c s red seedless grapes, halved
- ½ c chopped fresh cilantro
- 1 can (19 oz) black beans, no salt added, drained & rinsed

For the Dressing:

- ¼ c orange juice
- 3 tbsp extra virgin olive oil
- 1 tsp freshly grated lemon peel (zest)
- 1 tbsp fresh lemon juice
- 2 tsp. pure maple syrup
- 2 tsp. Dijon mustard
- 2 tsp. cumin
- 2 tsp. minced fresh ginger root
- 3 green onions, diced (with the green part)
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper

Preparation

Cook 1 c (250 mL) of quinoa according to package directions. Cook with low-sodium vegetable broth, instead of water, for more flavor. Set aside to cool. Put the chopped apples, grapes, cilantro, and black beans in a large bowl. Add the cooked quinoa. Whisk together the dressing ingredients. Pour over the salad ingredients. Mix until thoroughly combined. Enjoy immediately or put in the fridge for later in the week (keeps for about 3- 4 days)

Nutrition Per serving:

342 calories; 9 g fat ,56 g carbs; 11 g protein; 166mg sodium