



WESTERN WISCONSIN HEALTH

BLACK BEAN AND TOMATO QUINOA SALAD **(GLUTEN FREE)**

- 1 C. quinoa (prepared according to pkg. directions)
- 2 T. lime zest
- 2 T. lime juice
- 3 T. vegetable oil
- 1 tsp. sugar
- 1 1/2 C. black beans (1-14 to 15 oz. can, rinsed and drained)
- 2 medium tomatoes, diced
- 4 scallions, chopped (or onions)
- 1/4 C. chopped fresh cilantro
- 1 C. corn, optional
- Salt
- Pepper

Nutrition Facts

Serving Size (281g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 53g	18%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 12g	
Vitamin A 6%	• Vitamin C 30%
Calcium 8%	• Iron 20%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Whisk together lime zest and juice, oil, sugar, 1/2 teaspoon salt and 1/4 teaspoon pepper in a large bowl. Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients, and more salt and pepper to taste.

NUTRITION FACTS: Serving size: 4 servings