

Providing compassionate care and hope to people facing cancer

### ***Black Bean and Quinoa Salad***

#### *Ingredients*

##### Salad

- 1 cup dry quinoa, rinsed
- 1 red bell pepper, seeded and diced
- 1 cup corn kernels, fresh, frozen or canned, rinsed and drained
- 1/2 red onion, chopped
- 1 cup cherry tomatoes, sliced
- 1/2 cup cilantro, chopped
- 1 (15 oz) canned black beans, rinsed and drained
- 1/2 avocado, sliced

##### Dressing

- 2 cups cilantro
- 1 garlic clove
- 1/2 cup fresh lime juice
- 2 teaspoons honey
- 1/2 teaspoons ground cumin
- 1/2 cup extra virgin olive oil
- 1/2 cup plain Greek yogurt

#### *Instructions*

- Add 1-1/2 water and the uncooked quinoa in a medium saucepan. Bring to a boil, cover, and simmer for 10 minutes or until most water is absorbed. Remove from heat and let sit for 5 or 10 minutes—fluff with a fork and let cool.
- Meanwhile, add all the dressing ingredients to a blender and blend for 30 seconds or until creamy. Set aside.
- Gently fold the prepared quinoa with red peppers, corn, onion, tomatoes, cilantro, and black beans in a medium-sized bowl. Gently fold in the dressing and top with avocado slices