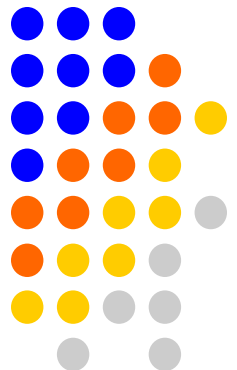


Southwestern Quinoa & Black Bean Salad

Makes 5 servings, 1 cup each



Questions about nutrition?

Call 1-877-FOOD-URI

Nutrition Facts

Serving Size 1 cup (235g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200	Calories from Fat 40
%	
Total Fat 4.5g 7%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 430mg 18%	
Total Carbohydrate 39g 13%	
Dietary Fiber 8g 32%	
Sugars 7g	
Protein 8g	
Vitamin A 10%	Vitamin C 35%
Calcium 6%	Iron 15%

Cost: \$4.23 per recipe, \$.71 per serving

High in nutrition and taste, this recipe is perfect for a summer barbeque!

Ingredients

- ½ cup uncooked quinoa (makes 1½ cups cooked)
- 1 15-ounce can black beans, rinsed & drained
- 1 cup frozen or fresh corn kernels
- 1 fresh mango, peeled & chopped
- ¼ cup diced red onion
- ½ cup chopped fresh cilantro
- Juice from 1 lime (2 tablespoons)
- 1 tablespoon olive oil
- 1 tablespoon minced garlic (2 cloves)
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon chili powder

Directions

1. **Prepare** quinoa according to package directions.
2. **Mix** together quinoa, beans, corn, mango, onion, and cilantro in a large bowl.
3. In a small bowl, **whisk** together lime juice, olive oil, garlic, salt, cumin, and chili powder.
4. **Drizzle** dressing over the salad and toss. Refrigerate until ready to serve.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed Family Nutrition Program at 1-877-Food-URI (1-877-366-3874). In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Ensalada Sudoeste de Quinoa y Frijoles Negros



Receta para 5 porciones de 1 taza



Nutrition Facts

Serving Size 1 cup (235g)
Servings Per Container 5

Amount Per Serving

Calories 200 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 430mg **18%**

Total Carbohydrate 39g **13%**

Dietary Fiber 8g **32%**

Sugars 7g

Protein 8g

Vitamin A 10% • Vitamin C 35%

Calcium 6% • Iron 15%

Costo: \$4.23 por receta, \$.71 por porción

*Alta en nutrición y sabor,
este plato es perfecto para
una barbacoa de verano!*

Ingredientes

½ taza quinoa cruda (1½ tazas cocida)

1 lata (15 onzas) frijoles negros,
enjuagados

1 taza granos de maíz, congelados o
frescos

1 mango fresco, pelado y cortado

¼ taza cebolla roja picada

½ taza cilantro fresco cortado

Jugo de 1 lima (3 cucharadas)

1 cucharada aceite de oliva

1 cucharada ajo picado (2 dientes)

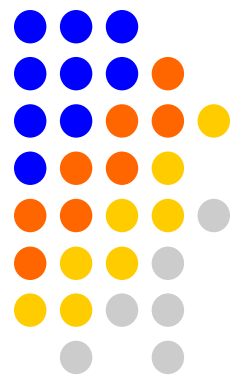
½ cucharadita sal

½ cucharadita comino molido

½ cucharadita chile en polvo

Preparación

1. **Prepare** la quinoa según las instrucciones en el paquete.
2. **Mezcle** la quinoa, los frijoles, el maíz, el mango, la cebolla y el cilantro en un tazón grande.
3. En un tazón pequeño, **bata** el jugo de lima, aceite de oliva, ajo, sal, comino y chile en polvo.
4. **Salpique** la ensalada con el aderezo y mezcle. Ponga en la refrigeradora hasta servir.



Preguntas sobre la nutrición?

Llame al 1-877-FOOD-URI