

Black Bean and Quinoa Salad

Ingredients

1 large can of black beans
2 cups of red quinoa cooked
1 jar of roasted red peppers
1 pint of grape tomatoes
1 small red onion
Jalapenos to taste
Cilantro to taste



Preparation

Place beans and quinoa in a large bowl. In a food processor pulse the next 5 ingredients until coarsely chopped. Add 1/3 cup of olive oil, ¼ cup of white balsamic vinegar, salt and pepper to taste. Pulse until combined. Pour over beans and quinoa. Add the grape tomatoes halved and sliced scallions. Chill and Enjoy!

Contact Diane Rich at 914-250-2729 or drich@clubfit.com for more information.