

Idiot's Kitchen Recipe – Tropical Quinoa Salad

Recipe from www.idiotskitchen.com



Ingredients:

- 1 cup Quinoa
- 2 cups Water
- 1 cucumber, peeled, seeded & diced
- 2 Mangos, peeled & cubed
- 1 Bell Pepper, diced
- ¼ cup Parsley, finely chopped
- 1 (14 ounce) can Black Beans, drained & rinsed
- Zest from 1 Lime
- 2-3 Tablespoons fresh Lime juice (1 or 2 limes)
- 1 Tablespoon Honey
- 2 Tablespoons Olive Oil
- Salt & Pepper

Bring 1 cup of Quinoa and 2 cups of water to a boil in a medium sauce pan. When the water boils, turn the heat down to low, cover with a lid, and simmer for 15 minutes or until all of the water has been absorbed into the grain. Fluff up the quinoa and set aside to cool.

Cut up any veggies you like. Look for a variety of colors, flavors and textures. Peel, seed and dice 1 cucumber. Dice one bell pepper – any color will do.

Cut the mangos into cubes by cutting a disc of mango flesh away from each side of the large, oblong pit. Cut a crisscross pattern in the mango and turn inside out to cut the cubes away from the skin. Put all the veggies and the mangos into a large mixing bowl.

Drain and rinse one (14 ounce) can of black beans and add them to the bowl. Add ¼ cup of finely chopped fresh parsley and the zest from one lime.

When the quinoa has cooled enough to not wilt the vegetables, add it to the bowl. Stir all of the ingredients to combine. Prepare the dressing right on top of the salad by squeezing the juice of 1 or 2 limes (about 3 Tablespoons) on top of the salad. Add 1 Tablespoon honey, 2 Tablespoons olive oil, and salt and pepper to taste. Stir to combine, taste and adjust seasonings.

For best flavor, allow the salad to rest in the refrigerator for 2 hours for the flavors to combine. May be served cold or at room temperature.