

Idiot's Kitchen Shopping List – Tropical Quinoa Salad

Recipe from www.idiotskitchen.com



Quinoa – look for quinoa either in the specialty organic section or near the rice and couscous

- 1 cucumber
- 2 Mangos
- 1 Bell Pepper (any color will do)
- Parsley
- Lime(s)

- 1 (14 ounce) can Black Beans

- Honey
- Olive Oil
- Salt & Pepper