

Mango Black Bean and Avocado Quinoa Salad

Ingredients

1 cup dry quinoa

1 14.5 oz can low sodium chicken broth

Salt

3 T extra virgin olive oil

3 T fresh lime juice or more

2 t honey

½ t ground cumin

1/3 teaspoon ground ginger

¼ t cayenne pepper

1 can black beans drained and rinsed (1 can beans for 3 C dry quinoa)

1 medium mango peeled, cored and diced or more

1 red bell pepper cored and chopped

½ cup sliced green onions

1/3 cup chopped cilantro

1 medium avocado semi firm but ripe cored and diced

Rinse quinoa well in a fine mesh strainer. Transfer to a medium saucepan along with chicken broth and ¼ cup water and season lightly with salt to taste. Bring to a boil then reduce heat to low and simmer until water has been absorbed, about 15 to 20 minutes. Let cool.

In a small mixing bowl whisk together olive oil, lime juice, cumin, ginger and cayenne pepper.

In large bowl toss together quinoa, black beans, mango, bell pepper, green onions, cilantro, avocado and dressing. Season with salt to taste and serve within an hour or two.