

# Black Bean and Tomato Quinoa

Quinoa is a fast-cooking, protein-packed whole grain. Steamed, it makes a perfect partner for lime-spiked black beans and fresh tomato. This is a great salad to share at any summer-time picnic. Recipe from *Gourmet 2007*

Servings: Makes 4 (side dish) servings.

2 teaspoons	grated lime zest
2 tablespoons	fresh lime juice
2 tablespoons	unsalted butter, melted and cooled
1 tablespoon	vegetable oil
1 teaspoon	sugar
1 cup	quinoa
1 (15-ounce) can	black beans, rinsed and drained
2 medium	tomatoes, diced
4	scallions, chopped
1/4 cup	chopped fresh cilantro

Whisk together lime zest and juice, butter, oil, sugar, 1/2 teaspoon salt, and 1/4teaspoon pepper in a large bowl.

Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time.

Cook quinoa in a medium pot of boiling salted water (1 tablespoon salt for 2 quarts water), uncovered, until almost tender, about 10 minutes.

Drain in sieve, then set sieve in same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam over medium heat until tender, fluffy, and dry, about 10 minutes. Remove pot from heat and remove lid. Let stand, still covered with towel, 5 minutes.

Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

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# Shopping List

Black Bean and Tomato Quinoa

Ingredients	Weight or Volume	PLU #
grated lime zest	2 teaspoons	_____
fresh lime juice	2 tablespoons	_____
unsalted butter, melted and cooled	2 tablespoons	_____
vegetable oil	1 tablespoon	_____
sugar	1 teaspoon	_____
quinoa	1 cup	_____
black beans, rinsed and drained	1 (15-ounce) can	_____
tomatoes, diced	2 medium	_____
scallions, chopped	4	_____
chopped fresh cilantro	1/4 cup	_____

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