

Cucumber Jalapeno Quinoa Salad

Ingredients:

- 1 cup dry quinoa
- 2 cups of water or veggie broth
- ½ english cucumber diced
- 1 pint cherry tomatoes, halved
- 1 jalapeno OR green pepper, seeded and diced
- ¼ cup chopped cilantro
- 1 can kidney beans, drained
- 1 can black beans, drained

For the dressing:

- Juice from one lime
- 1 tablespoon apple cider vinegar
- 1 tablespoon maple syrup
- 1 clove garlic , minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ¼ cup olive oil
- 1 tsp fine sea salt

Directions

1. Cook quinoa according to package instructions, and let cool.
2. While the quinoa is cooking, add the olive oil, lime juice, vinegar, maple syrup, garlic, cumin, paprika and salt to a small bowl and mix well.
3. Dice all of your veggies and add to a large bowl with the quinoa.
4. Next, add the drained beans and fresh cilantro. Drizzle dressing on top and gently toss. Taste, and add salt if needed
5. Transfer to storage containers of choice.
6. Leftover salad can be stored in an airtight container in the fridge for up to 5 days. Feel free to add any extra toppings you love, like sliced avocado or crumbled cheese.
7. Enjoy!

MADE WITH LOVE

by Teresa Forchard