



Black Bean Quinoa Salad Delight

Introduction

Looking for a refreshing and nutritious salad that's easy to prepare? Look no further than this delicious Black Bean Quinoa Salad! Packed with protein, fiber, and vibrant flavors, this salad is perfect as a side dish, a light lunch, or a vibrant addition to any meal. The combination of black beans, quinoa, and zesty lime dressing creates a satisfying dish that is both healthy and delightful.

Detailed Ingredients with measures

1/4 cup lime juice (about 1 lime)
1/4 cup olive oil + 1 Tbsp.
1 shallot (about 3 Tbsp. minced)
1 Tbsp. honey
1/2 tsp. sea salt
1/8 tsp. black pepper
1 cup uncooked quinoa
2 cups vegetable broth (optional, can use water)
2 15-oz. cans black beans
1/2 cup sliced green onion
1 cup chopped cilantro
1 cup crumbled cotija cheese

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 35 minutes

Yield: 6 servings

Instructions

1. ****Cook the Quinoa****: In a medium saucepan, combine the uncooked quinoa and 2 cups of vegetable broth (or water) and cook according to package instructions. Once finished, remove from heat and let it sit for 5 minutes, then fluff with a fork.

2. ****Make the Vinaigrette****: While the quinoa is cooking, prepare the dressing by whisking together the lime juice, olive oil, minced shallot, honey, sea salt, and black pepper in a large bowl until emulsified.
3. ****Prep Other Ingredients****: Drain and rinse the black beans, chop the cilantro, and crumble the cotija cheese.
4. ****Combine Ingredients****: Add the fluffed quinoa to the bowl containing the vinaigrette. Then, incorporate the black beans, chopped cilantro, and crumbled cotija cheese into the mixture. Toss everything together until well combined.
5. ****Chill****: For best flavor, chill the salad in the refrigerator for at least an hour before serving.

This Black Bean Quinoa Salad is a perfect addition to any meal or can stand alone as a satisfying dish. Enjoy the burst of flavors and the wholesome nutrition it offers!

See also English Muffin Pizzas

Detailed Directions and Instructions

Cook Quinoa

In a medium saucepan, combine 1 cup of uncooked quinoa with 2 cups of vegetable broth or water. Bring to a boil, then reduce the heat to low. Cover and simmer for approximately 15 minutes or until quinoa is fluffy and liquid is absorbed. Once cooked, remove from heat and allow it to sit, covered, for an additional 5 minutes.

Make the Vinaigrette

While the quinoa is cooking, take a large mixing bowl and add 1/4 cup

lime juice, 1/4 cup olive oil, 1 tablespoon minced shallot, 1 tablespoon honey, 1/2 teaspoon sea salt, and 1/8 teaspoon black pepper. Whisk the ingredients together until they are well combined and emulsified.

Prepare Other Ingredients

Open and drain 2 cans of black beans. Rinse the beans under cold water. Using a knife, chop 1 cup of fresh cilantro. Crumble 1 cup of cotija cheese into small pieces.

Combine Ingredients

After fluffing the quinoa with a fork, transfer it to the bowl with the vinaigrette. Add the drained black beans, chopped cilantro, and crumbled cotija cheese. Gently toss all the ingredients together until they are evenly mixed and coated in the vinaigrette.

Chill Salad

Cover the bowl with plastic wrap or a lid and place it in the refrigerator. Allow the salad to chill for at least one hour before serving to enhance the flavors.

Notes

Serving Suggestions

This salad can be served as a side dish or can be enjoyed as a light main course. It pairs well with grilled meats or can be served with tortilla chips for added crunch.

Storage Information

Store any leftover salad in an airtight container in the refrigerator. It is

best consumed within 3-4 days for optimal freshness.

Customization Tips

Feel free to add other ingredients such as diced bell peppers, corn, or avocado for added flavor and texture. Adjust the amount of lime juice or honey to suit your personal taste preferences.

See also Green Bean Casserole with Velveeta

Cook techniques

Cooking Quinoa

To cook quinoa, combine 1 cup of uncooked quinoa with 2 cups of vegetable broth or water. Bring to a boil, then cover and reduce to a simmer, cooking according to the package instructions. After cooking, let it sit off the heat for 5 minutes, then fluff with a fork.

Making Vinaigrette

In a large bowl, mix together lime juice, olive oil, minced shallot, honey, sea salt, and black pepper. Whisk until all ingredients are well combined and emulsified.

Preparing Ingredients

Drain and rinse canned black beans under cold water to remove excess sodium. Chop fresh cilantro and crumble cotija cheese into small pieces for easy incorporation into the salad.

Mixing the Salad

In a large bowl, combine the fluffed quinoa with the vinaigrette. Add the

drained black beans, chopped cilantro, and crumbled cotija cheese. Toss everything together until all ingredients are evenly mixed.

Chilling

For the best flavor and texture, chill the salad in the refrigerator for at least an hour before serving. This allows the ingredients to meld together.

FAQ

Can I substitute water for vegetable broth when cooking quinoa?

Yes, you can use water instead of vegetable broth if you prefer a lighter flavor or don't have broth on hand.

Is cotija cheese essential for this salad?

While cotija cheese adds a unique flavor and texture, you can substitute it with feta cheese or omit it for a dairy-free version.

How long can I store leftovers?

Leftover black bean quinoa salad can be stored in the refrigerator for up to 3 days in an airtight container.

Can I add other vegetables to this salad?

Absolutely! Feel free to add bell peppers, corn, or avocado to enhance the flavor and nutritional value of the salad.

See also [Easy Sheet Pan Mac and Cheese Recipe](#)

Is this salad gluten-free?

Yes, this black bean quinoa salad is gluten-free as both quinoa and black beans are naturally gluten-free ingredients.

Conclusion

This Best Black Bean Quinoa Salad is a delightful and nutritious dish that combines the earthy flavors of black beans with the fresh zest of lime and the nuttiness of quinoa. With its vibrant colors and textures, it serves as a perfect side or a filling main. The balance of protein, healthy fats, and fiber makes it ideal for any meal, while the vinaigrette elevates the overall taste. Enjoy it fresh or chilled, and savor the wholesome ingredients packed in every bite.

Mexican Quinoa Bowl

Enhance your quinoa salad by adding grilled corn, diced bell peppers, and avocado. Top it off with a sprinkle of chili powder for a smoky flavor.

Avocado and Tomato Variation

Mix in ripe avocado and cherry tomatoes for a creamier texture and added sweetness. This combination also boosts the health benefits with more vitamins.

Spicy Tropical Twist

Incorporate diced mango and jalapeños for a sweet and spicy kick. This tropical twist can brighten up your salad, making it perfect for summer gatherings.

Chickpea Addition

Try adding chickpeas for an extra protein boost. This not only adds a different flavor but also makes the salad even heartier.

Nutty Crunch

Include a mixture of toasted nuts such as almonds or walnuts. The crunch complements the softness of the quinoa and beans beautifully.

Roasted Vegetable Salad

Enhance your dish by incorporating roasted sweet potatoes and zucchini. The caramelized flavors of the roasted veggies pair perfectly with the tangy dressing.

Herbed Greek Style

For a Mediterranean spin, add cucumber, olives, and feta cheese. Swap cilantro for parsley and modify the dressing with oregano for a refreshing Greek flavor.