

QUINOA SALAD WITH BLACK BEANS & MANGO

INSTRUCTIONS

Combine all ingredients in a mixing bowl and stir until everything is well incorporated.

You can serve immediately or let it sit for a bit for the flavors to meld. To serve, place a few leaves of lettuce on a plate and scoop some salad onto it. It tastes good chilled and even better at room temperature.

Notes

Veganomicon by Isa Chandra Moskowitz & Terry Hope Romero.
Recipe modified by Sandi Lohr



Ingredients

- 1 mango, peeled & cut into small dice
- 1 red bell pepper, seeded & diced small
- 1 cup chopped scallions
- 1 cup chopped fresh cilantro
- 1 avocado, diced
- 2 Tbsp lime juice
- 1/4 tsp salt
- 2 cups cooked quinoa, cooled
- 15 ounces black beans, drained and rinsed