

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Mango Quinoa Salad

From [www.ourbestbites.com](http://www.ourbestbites.com)

- 2 cups cooked quinoa (at room temperature, or chilled)\*
- 1 can 14 oz black beans (drained and rinsed)
- 1 medium mango (peeled and diced)
- 1 red bell pepper (diced)
- 6 green onions (thinly sliced)
- 1 handful chopped cilantro (about 1/2 cup)
- 4 Tbs red wine vinegar
- 3 Tbs extra virgin olive oil
- 1-2 Tbs fresh lime juice
- salt and pepper

### Instructions

Place cooked quinoa in large bowl. Add mango, red pepper, green onion, black beans, and cilantro. In a small bowl combine vinegar, olive oil, and lime juice. Whisk until smooth and pour on top of salad. Toss to combine and add salt and pepper to taste. Chill for at least one hour before serving.

\*Quinoa can be cooked in water and broth. I suggest using vegetable or chicken broth for enhanced flavor, but plain water works great too.