

Adzuki Bean & Quinoa Tossed Salad

Prep Time: 10 minutes

Cook Time: 20 minutes*

Total Time: 30 minutes

Servings: 4

Serving Size: ¼ of recipe

Ingredients:

1 (15-ounce) can adzuki beans, drained and rinsed (or 1/3 cup dry beans)**
½ cup dry quinoa
¼ teaspoon ground cumin
½ small red bell pepper, diced
¼ cup cilantro, minced
2 scallions, thinly diced
¼ cup pumpkin seeds, toasted
1 ripe avocado, diced
4 cups arugula

Cumin-Lime Dressing:

3 tablespoons olive oil
1 tablespoon apple cider vinegar
Juice of one lime
¼ teaspoon ground cumin
¼ teaspoon cayenne
1 teaspoon honey or agave

Directions:

1. Add quinoa, ¼ teaspoon cumin, and 1 cup water to pot and bring to a boil, then cover and reduce heat to a simmer. Cook quinoa for 15 minutes or until fluffy and spiraling.
2. Whisk together all dressing ingredients in a medium bowl.
3. Place cooked beans into a bowl with the dressing and toss to coat well. Let the beans marinate while you get your veggies chopped.
4. Add cooked quinoa, red bell pepper, scallions, cilantro, and pumpkin seeds to the beans and toss well to combine.
5. Serve quinoa-bean mixture over a bed of arugula and garnish with freshly diced avocado.

Tips and Tricks:

*If you are using dry beans, you will need to add 50 minutes to this time for cooking your beans. To cook beans place them in a large stockpot and cover with 2 cups cold, filtered water. Then bring to a boil, reduce heat, cover and simmer for 40-50 minutes or until the beans are tender. Skimp foam off the top as needed.

**You can substitute black beans if you'd prefer or cannot find adzuki beans.

Nutritional Information Per Serving:

Calories: 362.7
Fat: 16.1 g
Cholesterol: 0.0 mg
Sodium: 34.0 mg
Total Carbohydrate: 46.7 g
Dietary Fiber: 11.9 g
Sugars: 4.1 g
Protein: 11.8 g