

## ***Anne's Black and White Bean and Quinoa Salad***

From March 2010 *Canadian Living*

### **Ingredients:**

1/3 cup quinoa  
1 can (19oz) black beans, drained and rinsed  
1 can (19oz) navy beans, drained and rinsed  
1 cup diced cucumber  
1/4 cup diced red onion  
1/4 cup chopped fresh coriander

### Dressing:

1/4 cup vegetable oil  
2 tbsp lime juice  
1 tbsp cider vinegar  
1 clove garlic, minced  
1 tsp each chili powder and ground coriander  
1/2 tsp dried oregano  
1/4 tsp each salt and pepper

### **Directions:**

Cook quinoa according to package. Cool.

Dressing: In a large bowl, whisk together oil, lime juice, vinegar, garlic, chili powder, coriander, oregano, salt and pepper.

Add quinoa, black beans, navy beans, cucumber, onion, and coriander; toss to combine.

Makes 4 servings

Per serving:

415 cal  
17 g protein  
16 g total fat (1g saturated fat)  
55 g carb  
11 g fibre  
0 mg cholesterol  
984 mg sodium