

Quinoa Mango Salad

This is a featured recipe from BiggestLoser.com

2 cups cooked red quinoa (at room temperature or cold)

1 mango, diced

1 handful of chopped cilantro

1 15-ounce can of black beans

1 red bell pepper, chopped

6 green onions, thinly sliced

4 tablespoons red wine vinegar

3 tablespoons olive oil

1 tablespoons fresh lime juice

In a small bowl, combine vinegar, oil and lime juice. In a big bowl, combine all other ingredients. Drizzle liquid mixture over the salad, and toss until well combined. Chill for about an hour.

Note: To make cooked quinoa, rinse 3/4 cup of dry quinoa and then add to a medium sauce pan with 1 and 1/2 cups of water. Bring to a boil over high heat. Reduce the heat to low, cover, and simmer for approximately 15 minutes. Cook until quinoa is tender and fluffy and the water is absorbed.

Makes 8 servings

Per serving: 240 calories, 7 g Protein, 8 g Fat, 1 g Saturated, 0 mg Cholesterol, 10 mg Sodium, 34 g Carbohydrates, 7 g Fiber, .