

Southwest Mango, Black Bean, and Quinoa Salad

Cooking Instructions

1. Cook quinoa according to package directions to make 2 cups. Fluff and set aside to cool down.
2. Chop bell pepper and red onion into small pieces. Add to a large bowl. Finely chop cilantro and add to bowl. Drain black beans and add to bowl with corn. Peel and dice mango and add on top. Add garlic, red wine vinegar, olive oil, black pepper, salt, cumin, and chili powder. Squeeze juice from 2 limes on top.
3. Gently stir to combine. Add quinoa and mix gently. Add more cilantro and lime on top if desired.

Recipe

- 1 tablespoon olive oil
- 1 red bell pepper
- 1 small red onion
- 3 garlic cloves minced
- 1 bunch cilantro
- 2-3 mangos
- 1 cup corn
- 1 can low sodium black beans
- 2 teaspoon red wine vinegar
- 2 limes
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon chili powder

Grocery List – Add optional ingredients as desired

Produce

- 1 red bell pepper
- 1 small red onion
- Garlic
- 2-3 mangos
- 2 limes
- 1 bunch cilantro
- Garlic
- Corn fresh or frozen

Pantry Items

- salt
- pepper
- olive oil
- red wine vinegar
- cumin
- chili powder

Canned Goods

- 2 cups quinoa (cooked)
- 1 can black beans