

Quinoa and Bean Salad

This tasty delight is packed with protein and a wide array of vitamins and minerals. Combining quinoa with beans is the perfect protein combination, delivering energy in a nutritious and fresh way.

Servings	Prep Time	Cook Time
1 serving	15 minutes	10 minutes

Ingredients

- 1 cup cooked quinoa
- 1/2 cup cooked beans
- 2 Roma tomatoes/available organic version (chopped)
- 1/4 cup shallots (diced)
- 1 clove garlic (minced or pressed)
- 1 teaspoon olive oil
- 1 tablespoon lemon juice (freshly squeezed)
- Salt and pepper

1. Once all your ingredients are prepped and ready to go, place them in a large mixing bowl to combine.
2. Add salt and pepper to taste and there you have it, a wonderful pasta alternative to please guests and family.