



Energy-Revving Quinoa

Makes 1 serving

Ingredients

- 1 cup cooked quinoa
- 1/3 cup canned low-sodium black beans, drained and rinsed
- 1 small tomato, chopped
- 1 scallion, sliced
- 1 teaspoon olive oil
- 1 teaspoon fresh lemon juice
- Pinch of salt
- Pinch of freshly ground black pepper



Instructions

In a medium bowl, gently toss all ingredients to combine.

Nutrition Facts

Serving size: 1 1/2 cups: Calories 337; Total Fat 8.2 g; Saturated Fat 1.1 g; Protein 14 g; Total Carbohydrate 53 g; Fiber 9 g; Sodium 165 mg; Fiber 9 g.

Recipe Courtesy of Health.com