

Zesty Quinoa Salad

- 1 cup quinoa
 - 2 cups water
 - 1/4 cup extra-virgin olive oil
 - 2 limes, juiced
 - 2 teaspoons ground cumin
 - 1 teaspoon salt

 - 1/2 teaspoon red pepper flakes, or more to taste
 - 1 1/2 cups halved cherry tomatoes
 - 1 (15 ounce) can black beans, drained and rinsed
 - 5 green onions, finely chopped
 - 1/4 cup chopped fresh cilantro
 - salt and ground black pepper to taste
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- Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
 - Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
 - Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.



