



CREATE HEALTH

Health and Nutrition
Coaching



Black Bean Quinoa

Vibrant, colourful and delicious. A perfect summery-fresh, nutritious dish



prep: 20 mins



4 portions



£0.83p per portion

Ingredients

- 185g quinoa
- 2 oranges cut into segments
- 1 red pepper
- 1 tin black beans drained
- 75g tinned sweet corn
- 1/2 a chopped red onion
- 2 tbsp fresh coriander
- 1 chilli*

Vinaigrette

- 3 tbsp olive oil
- 3 tbsp fresh squeezed orange juice
- 3tbsp apple cider vinegar
- Zest of 1 orange (use from the one you juiced or the one you chopped up)

*optional

Instructions

- Cook quinoa in a pan in 1/4 litre of water (see pack for instructions)
- Whisk together (use a fork if no whisk) vinaigrette ingredients and set aside
- In a large bowl combine all other ingredients
- Pour over dressing and toss to combine



Health Benefits

This salad is packed with anti-oxidants which protect against aging, high blood pressure, heart disease and high cholesterol

- Black beans – are nutritional powerhouses and are high in protein and fibre.
 - Great for gut health and digestion
 - Great for bone health; contain calcium, magnesium, zinc, iron and phosphorus all important for building and keeping healthy bone structure
- Quinoa is a whole grain that can:
 - Improve blood sugar control
 - Control cholesterol levels
 - Reduce inflammation
 - Prevent certain types of cancer

Variations

- Want more protein? Serve with grilled chicken, salmon/ tuna or halloumi.
- Add any other colourful veggies/ salad you may have e.g., other coloured peppers, chopped radish, handful of spinach, cherry tomatoes
- Add other herbs such as parsley, mint or chives
- For more flavour, add a chicken/vegetable stock cube to the water when cooking the quinoa.