

QUINOA SALAD



Quinoa ingredients and instructions:

- 1 cup uncooked quinoa
- 2 cups water (or substitute with vegetable or chicken broth)

Salad ingredients and instructions:

- 1 hothouse cucumber
 - 1 red bell pepper
 - 1 yellow bell pepper
 - 1 cup chopped parsley
 - 1 can black beans
- (You can substitute other vegetables if you prefer, tomatoes, zucchini, etc.)*

Dressing ingredients:

- $\frac{2}{3}$ cup lemon juice
- $\frac{1}{4}$ cup extra virgin olive oil
- 2 chopped garlic cloves
- 1 tsp. cumin
- $\frac{1}{2}$ tsp. salt
- 1 to 1- $\frac{1}{2}$ tsp. brown sugar
- Black pepper to taste

Quinoa instructions:

1. **Pour the water** into a pot and bring it to a boil (you can use a vegetable or chicken broth instead of water). **While water/broth is coming to a slow boil**, prep the quinoa by rinsing it in water for about a minute to remove dust and the small husk. **Drain the water** from the quinoa using a strainer with small holes so you don't lose any down the drain. **Add the quinoa** to boiling water, turn the stove to low and cover the pot until the water is absorbed by the quinoa.

Salad instructions:

2. **Chop** your cucumber and bell peppers into bite sized chunks. Finely chop the parsley (the stems are also packed with flavor!) and **mix** it with the vegetables into a large bowl. Next, **rinse** a can of black beans, **drain** the water and add the beans to your bowl. **Stir** the vegetables.

Dressing and mixing instructions:

3. **Add** $\frac{2}{3}$ cups of lemon juice to a bowl. **Add** 1 tsp. cumin. **Add** $1\frac{1}{2}$ tsp. brown sugar. **Add** $\frac{1}{2}$ tsp. salt. **Add** black pepper to taste. **Chop** 2 cloves of garlic and add it to your dressing. Now slowly **add** $\frac{1}{4}$ cup of extra virgin olive oil to the lemon juice whisking to blend the ingredients. **Add** the dressing and mix.
3. **Add** about 1 cup of cooked quinoa (or as much as you like!) and **mix**. **That's it!**

CignaMedicalGroup.com

GO YOU®

 **Cigna Medical Group**®

"Cigna," the "Tree of Life" logo, "GO YOU" and "Cigna Medical Group" are registered service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, including Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, and Cigna HealthCare of Arizona, Inc., and not by Cigna Corporation. Cigna Medical Group (CMG) is an operating division of Cigna HealthCare of Arizona, Inc.

Watch
our
videos 