

## Quinoa with Black Beans and Red Pepper

1 ½ cups quinoa  
1 can black beans, rinsed and drained  
1 red bell pepper, seeded and chopped  
¼ cup chopped onion  
1 garlic clove, minced  
¼ tsp cayenne pepper  
1 tsp ground coriander  
1 tsp ground cumin  
¼ cup fresh lime juice  
¼ tsp salt  
¼ tsp cinnamon  
¼ cup olive oil, plus 1 tsp for sautéing

Rinse quinoa under cold water until water runs clear. Place quinoa in pot with 2 ¼ cups water. Bring to a boil, cover and simmer for 20 minutes. Meanwhile, place black beans in small saucepan with ¼ cup water. Add onion and cinnamon. Heat on low for 10 minutes, stirring occasionally to prevent scorching.

Place red pepper and garlic with 1 tsp olive oil in sauté pan for 4 minutes until tender. Add to quinoa with coriander and cayenne. In a small bowl whisk together lime juice, salt, oil and cumin. Add to quinoa and stir. Place ½ cup on each plate and top with ½ cup black beans.

Serves 6.

*Calories 260 Fat 11g Carbohydrate 33g Dietary Fiber 7g Protein 8g Sodium 115mg*

Gluten Free