

# Quinoa and Black Bean Salad with Apricot Lime Vinaigrette

THIS SALAD HAS A FRUITY TWIST that makes it particularly light and refreshing and provides an interesting change from my more traditional black bean salad. Much of this salad can be prepared in advance, but hold off on adding the tomatoes, seeds or dressing until you're ready to serve.

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1¼ cups water

¾ cup quinoa

Pinch of sea salt

3 cups cooked black beans

½ cup chopped red onion

1 mango, peeled, pitted and diced

1 cup peeled and diced jícama

1 cup halved cherry tomatoes

¼ cup toasted sunflower seeds

¼ cup toasted pumpkin seeds

Bring water to boil and add quinoa and salt. Cover, reduce heat and simmer until all water is absorbed (about 15 minutes). Remove from heat and set aside to cool.

Place beans, onion, mango and jícama in large bowl. Fluff cooled quinoa with fork, add to bowl and gently fold to combine.

In small bowl, whisk together all dressing ingredients. Pour dressing over salad and toss to coat. Fold in tomatoes, sunflower seeds and pumpkin seeds just before serving.

SERVES 8

## VINAIGRETTE

¼ cup extra virgin olive oil

2 tablespoons lime juice

¼ cup apricot nectar or juice

2 jalapeños, seeded and minced

½ cup chopped fresh mint

Sea salt and freshly ground black pepper