

Southwestern Black Bean, Quinoa and Mango Medley

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Servings: | Serves: Serves 6

Ingredients

- One (15 oz) can black beans, rinsed and drained
- 1 cup cooked quinoa (according to package directions)
- 1 cup frozen corn, thawed
- 1 small red bell pepper, chopped
- 1 cup chopped fresh mango
- 1/4 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro (or 2 teaspoons dried)
- 1 small jalapeno pepper, seeded and finely diced

FOR THE DRESSING:

- Juice from 1 medium lemon
- 1-1/2 Tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground turmeric

Steps

1. Combine all ingredients for dressing in a mason jar and shake until combined. Place in refrigerator until you are ready to use. Can be made way ahead.
2. Mix together all salad ingredients, drizzle dressing over top and toss to combine. Refrigerate until serving time.