Quinoa and Red Bean Salad

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

This recipe is filled with healthy, plant-based protein!

About the Recipe

250 Calories · 11 g Protein · 12 g Fiber
Lunch
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 3/4 c (194 g) salsa verde
- 2 tsp (10 mL) apple cider vinegar
- 1 small tomato, diced
- 1 yellow squash, diced
- 4 green onions, sliced
- 2 c (218 g) Napa cabbage, sliced
- 1/2 c (83 g) corn
- 1/2 c (93 g) cooked quinoa
- 1/2 c (93 g) red beans, rinsed
- 1 tsp (5 mL) fresh oregano leaves, chopped

Directions

1. Combine the salsa verde with the apple cider vinegar. Toss all the salad ingredients together.

Nutrition Facts

Per serving

Calories: 250
Protein: 11 g
Carbohydrate: 46 g
Sugar: 90 g
Fat: 3 g
    Calories from Fat: 9%
Fiber: 12 g
Sodium: 180 mg