

# 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***

- salsa verde (3/4 cup)
- apple cider vinegar (2 tsp.)
- small tomato, diced (1)
- yellow squash, diced (1)
- green onions, sliced (4)
- Napa cabbage, sliced (2 cups)
- corn (1/2 cup)
- cooked quinoa (1/2 cup)
- red beans, rinsed (1/2 cup)
- fresh oregano leaves, chopped (1 tsp.)

## Directions

1. Combine the salsa verde with the apple cider vinegar.&nbsp;
2. Prep remaining ingredients by dicing the tomato, yellow squash, and green onions. Slice the napa cabbage (you should have about 218 grams sliced). Cook quinoa according to package directions to yield 93 grams cooked.&nbsp;

3. 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