

4 serving

Ingredients

- 1 cup quinoa, cooked
- 1 cup black beans
- ¼ cup red onion, diced
- ½ cup corn
- 4 tablespoon fresh cilantro
- 1 tbsp lime juice
- salt, to taste
- pepper, to taste



Directions

1. Cook Quinoa using package instructions
2. Combine all ingredients in a small bowl.
3. Mix until combined and serve.
4. Enjoy!

Nutrition Facts

Servings: 4

Amount per serving

Calories **133**

% Daily Value*

Total Fat 1.7g **2%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 192mg **8%**

Total Carbohydrate 24.5g **9%**

Dietary Fiber 5.5g **20%**

Total Sugars 1.1g

Protein 6.3g