



Mediterranean Salad With Chickpeas, Black Beans, Quinoa and a Lemon-cumin Vinaigrette

Preparation: **10** mins. | Cooking: **N/A** | Servings: **6-8**

INGREDIENTS

1 clove garlic (minced)	2 cups cooked quinoa
Zest of one lemon	(follow package directions)
3 tablespoons fresh lemon juice	1 can black beans
2 tablespoons red wine vinegar	(drained and rinsed)
1 teaspoon honey	1 can chickpeas
1 teaspoon ground cumin	(drained and rinsed)
1 teaspoon ground coriander	1/4 cup red onion (minced)
1/2 teaspoon salt	1 medium red bell pepper
1/4 teaspoon black pepper	(small dice)
1/2 cup extra virgin olive oil	1/2 cup fresh cilantro
	(chopped)
	1/2 cup fresh parsley
	(chopped)



INSTRUCTIONS

Combine all of the vinaigrette ingredients (first 10 ingredients) in a small bowl, and whisk well. Toss all salad ingredients (next 7 ingredients) in a large bowl. Add about 1/2 cup of the vinaigrette to the salad bowl, and toss well. Let sit at room temperature for 15 minutes before serving. Reserve any extra vinaigrette. Can be made ahead and refrigerated. Let the salad warm up a bit at room temperature, toss and taste for seasonings before serving.

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