

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Quinoa Salad with Black Beans and Mango

1 mango, peeled and cut into small dice

1 red bell pepper, seeded and diced as small as you can get it

1 cup chopped scallions

1 cup chopped fresh cilantro

2 Tbls. red wine vinegar

2 Tbls. grapeseed oil

1/4 teas. salt

2 cups cooked quinoa, cooled

1 (15 oz.) can black beans,
drained and rinsed

A few leaves of lettuce for
garnish



Combine the mango, red bell pepper, scallions, and cilantro in a mixing bowl. Add the red wine vinegar, grapeseed oil, and salt, and stir to combine. Add the quinoa and stir until everything is well incorporated. Fold in the black beans. You can serve immediately or let it sit for a bit for the flavors to meld. To serve, place a few leaves of lettuce on a plate and scoop some salad on top. This tastes good chilled and is even better at room temperature.

*Recipe taken from **Veganomicon -The Ultimate Vegan Cookbook** by Isa Chandra Moskowitz and Terry Hope Romero.*