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## Black-Bean And Tomato Quinoa

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Quinoa is a fast-cooking, protein-packed whole grain. Steamed, it makes a perfect partner for lime-spiked black beans and fresh tomatoes. © Condé Nast Digital, Inc. All rights reserved.

**Yield:** Makes 4 (side dish) servings

**Active Time:** 20 minutes

**Total Time:** 45 minutes

### ingredients

- 2 teaspoons grated lime zest
- 2 tablespoons fresh lime juice
- 2 tablespoons unsalted butter, melted and cooled
- 1 tablespoon vegetable oil
- 1 teaspoon sugar
- 1 cup quinoa
- 1 (14- to 15-ounce) can black beans, rinsed and drained
- 2 medium tomatoes, diced
- 4 scallions, chopped
- 1/4 cup chopped fresh cilantro

### preparation

- 1 → Whisk together lime zest and juice, butter, oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- 2 → Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time. *unless it's pre-washed!*
- 3 → Cook quinoa in a medium pot of boiling salted water *according to Package directions (or) in a rice cooker* (1 tablespoon salt for 2 quarts water), uncovered, until almost tender, about 10 minutes. Drain in sieve, then set sieve in same pot with 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam over medium heat until tender, fluffy, and dry, about 10 minutes. Remove pot from heat and remove lid. Let stand, still covered with towel, 5 minutes.
- 4 → Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

### nutritional information

Per serving: 382 calories, 12 g fat (4 g saturated), 15 mg cholesterol, 446 mg sodium, 55 g carbohydrate, 10 g fiber, 14 g protein

*Nutritional analysis provided by Nutrition Data*

See Nutrition Data's complete analysis of this recipe >

### Modifications/Suggestions :

- Double the dressing
- Do not need the butter
- lots of suggestions in the many reviews for adding other veggies & avocado