

# Quinoa, Black Bean, Corn & Avocado Salad



## Ingredients

(serves 2-4)

- 1 cup Cooked Quinoa (cooled)
- 1/2 can 15.5 oz. Corn (drained)
- 1/2 can 15.5 oz. Black Beans (drained)
- 1 Avocado (diced)
- 2 small Roma Tomatoes (diced and seeded)
- 1/4 cup Onion (chopped)
- 1/4 tsp Salt
- 1 pinch Black Pepper
- 1/4 cup Cilantro (chopped)
- 2 Tbsp Lime Juice
- 2 Tbsp Olive Oil

## Instructions

- 1) Prepare the dressing for the salad, whisk together lime juice and olive oil in a medium bowl.
- 2) Cut Tomatoes, Onion, Cilantro & Avocado
- 3) Gather 1/2 can of Corn and 1/2 can of Black Beans (make sure it's drained) into same bowl.
- 4) In a same bowl, fold in gently tomatoes, onion, cilantro, salt and pepper with the Beans and Corn.
- 5) Gather and add Quinoa to bowl
- 6) When you're ready to serve, add the avocado and mix together.