

Arugula Quinoa Salad with Black Beans

(From Brazilian Kitchen Abroad)

Ingredients

- 1 cup cooked quinoa
- 1/4 cup cooked black beans
- 1/4 red onion, thinly sliced
- 1/4 cup shredded carrots
- 1/4 cup chopped green olives
- 1/4 cup hearts of palm, chopped
- 1 handful arugula
- 1 tbsp olive oil
- 1 tbsp vinegar

- 1 clove garlic, minced
- 1/2 tsp oregano
- Pinch of cumin

Instructions

1. In a bowl, combine quinoa, black beans, onion, carrots, olives, palm hearts, and arugula.
2. Mix dressing: olive oil, vinegar, garlic, oregano, and cumin.
3. Toss everything and serve fresh.

Benefits

Packed with iron, protein, and antioxidants. Great for skin and energy.