

Costa Rican Tropical Quinoa Salad

Ingredients

- 1 cup cooked quinoa
- 1/2 cup diced pineapple
- 1/4 cup chopped red bell pepper
- 1/4 cup grated carrot
- 1/4 cup cooked black beans
- 2 tbsp chopped fresh cilantro
- Juice of 1 lime
- 1 tbsp olive oil
- Salt and black pepper to taste

Instructions

1. In a bowl, combine quinoa, pineapple, bell pepper, carrot, and black beans.
2. Add chopped cilantro.
3. In a small cup, whisk lime juice, olive oil, salt, and pepper.
4. Pour dressing over the salad and toss well.
5. Serve chilled or at room temperature.

Benefits

Rich in vitamin C, fiber, and antioxidants.

Refreshing, tropical, and supports digestive health.