



Black Bean-Quinoa Salad with Basil-Lemon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 cup carrots chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup basil fresh chopped
- ☐ 10 ounce baby lima beans frozen
- ☐ 3 garlic cloves minced

- ☐ 0.5 cup green onions sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 3 tablespoons olive oil divided
- ☐ 1.5 cups quinoa uncooked
- ☐ 1.3 teaspoons salt divided
- ☐ 1 teaspoon sugar
- ☐ 14 ounce spicy tofu firm cut into 1/4-inch cubes reduced-fat
- ☐ 4 cups tomatoes chopped (3 medium)
- ☐ 3 cups vegetable broth organic (such as Swanson Certified)

Equipment

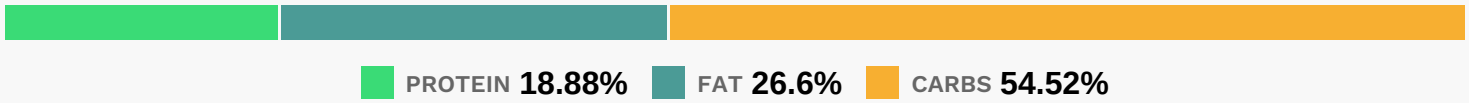
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine quinoa and vegetable broth in a saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 15 minutes or until broth is absorbed and quinoa is tender.
- ☐ Remove from heat.
- ☐ Place tofu on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 5 minutes.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add tofu; sprinkle with 1/4 teaspoon salt. Saut tofu 9 minutes or until lightly browned.
- ☐ Remove from heat; cool completely.
- ☐ Combine remaining 2 tablespoons oil, remaining 1 teaspoon salt, basil, and next 6 ingredients (through garlic) in a large bowl; stir with a whisk until blended. Stir in quinoa.

- ☐
- Cook lima beans according to package directions, omitting salt and fat. Cool completely.
- ☐
- Add the lima beans, tofu, chopped tomato, green onions, chopped carrot, and black beans to quinoa mixture; stir gently to combine. Store, covered, in refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:41.09, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:16.351304406705%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 265.59kcal (13.28%), Fat: 8.02g (12.34%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 28.97g (10.54%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 795.2mg (34.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.63%), Manganese: 0.97mg (48.54%), Vitamin A: 1954.35IU (39.09%), Fiber: 8.03g (32.12%), Vitamin K: 28.62µg (27.25%), Folate: 96.99µg (24.25%), Magnesium: 91.33mg (22.83%), Phosphorus: 216.87mg (21.69%), Iron: 3.51mg (19.51%), Vitamin C: 15.97mg (19.35%), Potassium: 600.11mg (17.15%), Copper: 0.33mg (16.37%), Vitamin B1: 0.22mg (14.83%), Vitamin B6: 0.27mg (13.62%), Vitamin E: 1.66mg (11.05%), Calcium: 107.32mg (10.73%), Vitamin B2: 0.18mg (10.5%), Zinc: 1.39mg (9.26%), Vitamin B3: 1.44mg (7.18%), Selenium: 4.52µg (6.46%), Vitamin B5: 0.43mg (4.3%)