



Bolivia's Black Bean Quinoa Salad

An easy-to-make, festive South American quinoa salad

- 2 Tablespoons olive oil
- 1 Tablespoon lemon juice
- 1/4 to 1/2 teaspoon yellow hot pepper paste
- 1 cup chopped red onion
- 2 cups cooked black beans, well drained, rinsed
- 1 cup mixed colored sweet peppers, chopped
- 1 cup cherry tomatoes, halved
- 2 cups cooked quinoa
- 1/2 teaspoon salt
- 2 ounces pepper cheese, minced
- 1/2 cup rough chopped parsley, loose packed

Prepare Salad Dressing: In small bowl, whisk olive oil and lemon juice with hot pepper paste to combine. Set salad dressing aside.

Toss Salad: In a large salad bowl, combine red onion, black beans, sweet multi-colored peppers, and tomatoes. Toss with salad dressing. Add cooked quinoa, season salad with salt. Add cheese and parsley. Serve room temperature or chilled. Serves: 4

Cook's Note: For a hotter salad, add more hot pepper paste. For a main dish, small smoky ham chunks could be added to the salad.

Recipe Inspired by: Bolivia Pavilion at Expo Milano 2015

About the Recipe: Quinoa recipes are common in the highlands of Bolivia as well as many countries in South America. This salad is light, natural and popular in their country. It's brimming with red onions, black beans, vibrant colored peppers, tomatoes, and quinoa. The salad is dressed with a simple fresh lemon dressing, making it perfect to serve for a light supper.