

## Southwestern Black Bean, Quinoa and Mango Medley

This healthy salad is a great way to jump start your Spring! Quinoa, black beans, mango and vegetables with cilantro and lime juice – a delicious combination perfect for lunch or as a side dish. (perfect for Meatless Mondays!) Leftovers are great, the flavors only get better the next day.

This recipe is from the archives, since the weather is getting warmer I find myself craving more salads and lighter dishes like this. It's packed with vitamin C, vitamin A, fiber, folate, iron and lutein so it's not just tasty, it's good for you.

This recipe is from [The Plant-Powered Diet](#) by Sharon Palmer, RD who I met in California on my trip to the [Dole Blogger Summit](#). A great book if you're are interested in adding more vegetables and plant-based foods to your diet.

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**Servings:** 6 **Serving Size:** 1 cup • **Old Points:** 3 pts • **Points+:** 4 pts

**Calories:** 164 • **Fat:** 4 g • **Protein:** 6 g • **Carb:** 27 g • **Fiber:** 7 g • **Sugar:** 11.6 g

**Sodium:** 93 mg

Ingredients:

- 15-ounce can black beans, no salt added, rinsed and drained
- 1 cup cooked quinoa (according to package directions)
- 1 cup fresh or frozen corn
- 1 small red bell pepper, chopped
- 1 cup chopped fresh mango
- 1/4 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro
- 1 small jalapeño pepper, seeded and finely diced
- juice from 1 medium lemon or lime
- 1 1/2 tbsp extra virgin olive oil
- 2 garlic cloves, minced
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 tsp ground turmeric

Directions:

**Mix** together the beans, quinoa, corn, bell pepper, mango, onion, cilantro, and jalapeño in a mixing bowl.

**Whisk** together the lemon juice, olive oil, garlic, cumin, chili powder, and turmeric in a small bowl.

**Drizzle** over the mixture and toss. Refrigerate until ready to serve.

