

# Quinoa and Red Bean Salad

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

This recipe is filled with healthy, plant-based protein!

## About the Recipe

**250 Calories · 11 g Protein · 12 g Fiber**

**Lunch**

**Gluten-free · Nut-free**

## Ingredients

***Makes 2 Servings***

- 3/4 c (194 g) salsa verde
- 2 tsp (10 mL) apple cider vinegar
- 1 small tomato, diced
- 1 yellow squash, diced
- 4 green onions, sliced
- 2 c (218 g) Napa cabbage, sliced
- 1/2 c (83 g) corn
- 1/2 c (93 g) cooked quinoa
- 1/2 c (93 g) red beans, rinsed
- 1 tsp (5 mL) fresh oregano leaves, chopped

## Directions

1. Combine the salsa verde with the apple cider vinegar. Toss all the salad ingredients together.&nbsp;

## Nutrition Facts

*Per serving*

**Calories:** 250

**Protein:** 11 g

**Carbohydrate:** 46 g

**Sugar:** 90 g

**Fat:** 3 g

**Calories from Fat:** 9%

**Fiber:** 12 g

**Sodium:** 180 mg