

## Bean Salad with Quinoa

Cooking Time: 20 mins

Serving Size: 1/2 cup Serves: 4

Calories: 375 Fat: 20g Carbohydrate: 38g Protein: 11g



### Ingredients:

- 1/2 can red kidney beans
- 1/2 can black beans
- 1/2 can chickpeas
- 1/2 medium red onion, diced
- 1/2 red pepper, diced small
- 1/4 cup fresh parsley, chopped
- 1 cup cooked leftover quinoa
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- 2 TBS + 1 tsp cup apple cider vinegar
- 2 TBS + 1 tsp cup lemon juice
- 1/3 cup olive oil
- 1/2 tsp salt
- black pepper to taste

### Directions:

Combine all beans, onion, pepper, parsley, and quinoa in a large bowl.

Whisk together the vinegar, lemon juice, olive oil, salt and pepper in small bowl and pour over mixture. Add feta cheese if desired.

Serve over a bed of greens for an easy and delicious on-campus lunch.

