



# Sara Galipeau

Registered Holistic Nutritionist  
Ottawa, Ontario

## Recipe of the Month

### March:

## Warm Red Quinoa, Avocado, & Black Bean Salad

*The zip of lime, kick of cayenne, and creaminess of avocado make this warm salad tasty and refreshing, perfect for the transition between winter and spring. It's loaded with protein, good fats, B vitamins, magnesium, calcium, iron, and potassium.*

*Great for dinner; alternatively, double the recipe and let quinoa & beans cool completely before adding it to the spinach & avocado for a cool salad, great for spring and summer bag lunches. Add a handful of mixed sprouts and raw pumpkin seeds if desired.*

Serves 2

### **Ingredients:**

½ cup organic red quinoa, rinsed well & drained  
1 fresh lime  
½ tsp. each sea salt & garlic powder  
Dash of cayenne pepper, to taste  
½ cup Eden canned black beans, drained & rinsed  
2 Tbsp. olive oil  
2 handfuls organic baby spinach or arugula  
1 handful organic cilantro  
1 avocado, peeled, pitted, & diced

### **Directions:**

In a small pot over medium-high heat, prepare the quinoa: add 1 cup of water, juice half the lime into the pot with a reamer, and add the dry seasonings. Bring to a boil, reduce heat to low, and simmer, stirring occasionally, until the liquid is almost absorbed, about 10 minutes. Add the black beans while there is still some liquid left. Continue to heat until liquid has been absorbed.

While quinoa is cooking, prepare the avocado and greens (spinach/arugula, cilantro). Portion the greens and avocado chunks into 2 large bowls.

Remove the quinoa & beans from heat, add the olive oil and the juice of the remaining lime half, and stir well to combine.

Portion the quinoa & beans onto the greens & avocado. Serve warm.

Sara Galipeau, RHN

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