



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

March 2024

Recipe for the month of March

Bursting with flavor and wholesome ingredients, this refreshing salad is perfect as we transition into spring. Packed with protein from quinoa and fiber from black beans, it's a satisfying and nutritious option for any meal.





Quinoa-Black Bean Salad

- 2 ears corn, husks removed
- 1 medium zucchini, cut lengthwise into 1/4-inch planks
- 2 tablespoons avocado oil for roasting vegetables
- 4 tablespoons extra-virgin olive oil
- ¼ cup lime juice
- 1 teaspoons ground cumin
- 3 cups cooked quinoa (see Associated Recipes)
- 3 cups baby arugula
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 cup salsa, divided
- ½ cup chopped fresh cilantro, divided
- ¾ cup crumbled feta, divided
- 1 avocado, diced, divided

Preparation:

1. Heat a cast iron pan coated with avocado oil over medium heat. Roast the corn, turning occasionally, until tender, 4 to 5 minutes. Roast the zucchini, turning once, until tender, about 2 minutes per side. Coarsely chop zucchini and cut kernels from the cobs.
 2. Whisk oil, lime juice, and cumin in a large bowl. Add the zucchini, corn, quinoa, arugula, beans, and half of the salsa, cilantro, cheese, and avocado. Gently toss to combine.
 3. Top with the remaining salsa, cilantro, cheese, and avocado.
- Serve and enjoy!