Red Quinoa and Mango Salad

Yield: 5

Ingredients

Quinoa Salad

3 cups  | Cooked red quinoa, cooled
2      | Mangos, cubed
15 oz. | Can black beans, drained and rinsed
½ cup  | Frozen sweet corn kernels
½ cup  | Currants
2      | Onions, sliced
2 Tbsp. | Fresh parsley, finely chopped
½ cup  | Roasted Pepitas (Pumpkin Seeds)
4 cups  | Water

Citrusy Vinaigrette

Juice of one lemon
Juice of one lime
¼ cup  | Extra virgin olive oil
1 tsp   | Dijon mustard
¼ tsp  | Cumin
1 tsp.  | Sea salt
½ tsp. | Freshly ground black pepper

Directions

Rinse your cooked quinoa in cool water and put into the refrigerator. Combine the mangos, black beans, sweet corn, currants, and sliced onions in a large bowl. Once the quinoa is cooled add it to your salad mixture. Then combine the lemon juice, lime juice, olive oil, Dijon mustard, cumin, sea salt, and black pepper in a small bowl and whisk until combined. Pour the dressing over the salad and toss to combine and get it all covered. Refrigerate for an hour before serving. Toss in the pepitas just before serving to keep their crunch.