



Black Bean & Quinoa Salad

(adapted from <http://www.bhg.com/recipe/black-eyed-pea-quinoa-salad>)

Ingredients

- 4 limes, juiced (about 1/2 cup)
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon-style mustard
- 1/2 teaspoon cumin
- 2 15 ounce can black beans, rinsed and drained
- 1 1/2 cups frozen whole kernel corn, thawed (or canned)
- 1 cup cooked quinoa
- 1 medium tomato, chopped (1 cup)
- 1/8 cup chopped fresh cilantro
- 3 scallions/green onions, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper

Directions

1. Cook quinoa following directions on bag. 2. In a large bowl whisk together lime juice, olive oil, vinegar, mustard, cumin, salt, and black pepper. 3. Add black beans, corn, quinoa, tomato, cilantro, and green onions; toss to combine. 4. Cover and refrigerate for 4-24 hours. Serve as a salsa with chips, or on it's own.

Today, your child's class was visited by Farmer Tina, and this colorful & nutritious recipe was prepared and shared as part of her lesson on about where our food comes from. You can investigate the country of origin for foods at home using the National Geographic Interactive mapmaker @ <http://mapmaker.nationalgeographic.org/> Grow It Green Morristown is a local non-profit organization that creates sustainable farms and gardens, and educates communities on healthy eating and environmental stewardship. We believe that fresh, local food should be accessible to all. For more information about Grow It Green Morristown, and ways you can help, please see our website <http://www.growitgreenmorristown.org/>

Special thanks to our sponsor

KINGS



Ensalada de frijoles negros y quinua

(adaptado de <http://www.bhg.com/recipe/black-eyed-pea-quinoa-salad>)

Ingredientes

- 4 limas, en jugo (aproximadamente 1/2 taza)
- 2 cucharadas de aceite de oliva
- 2 cucharadas de vinagre de vino blanco
- 1 cucharadita de Dijon- mostaza estilo
- 1/2 cucharadita de comino
- 2 lata de 15 onzas de frijoles negros, enjuagados y escurridos
- 1 1/2 tazas de maíz integral congelado, descongelado (o enlatado)
- 1 taza de quinua cocida
- 1 tomate mediano, picado (1 taza)
- 1/8 taza picado cilantro fresco
- 3 cebolletas /verdes cebollas, picadas
- 1/2 cucharadita de sal
- 1/2 cucharadita de pimienta negra molida

Instrucciones

1. Cocine la quinua siguiendo las instrucciones en la bolsa. 2. En un tazón grande, mezcle el jugo de lima, el aceite de oliva, el vinagre, la mostaza, el comino, la sal y la pimienta negra. 3. Agregue frijoles negros, maíz, quinua, tomate, cilantro y cebolla verde; Mezcle para combinar. 4. Cubra y refrigere por 4-24 horas. Sirve como salsa con papas fritas o solo.

Today, your child's class was visited by Farmer Tina, and this colorful & nutritious recipe was prepared and shared as part of her lesson on about where our food comes from. You can investigate the country of origin for foods at home using the National Geographic Interactive mapmaker @ <http://mapmaker.nationalgeographic.org/> Grow It Green Morrystown is a local non-profit organization that creates sustainable farms and gardens, and educates communities on healthy eating and environmental stewardship. We believe that fresh, local food should be accessible to all. For more information about Grow It Green Morrystown, and ways you can help, please see our website <http://www.growitgreenmorrystown.org/>

Special thanks to our sponsor

KINGS

NOTES for Tina Making salad for 110 students: (costs ~\$20 per school, plus \$4 for 200 dixie cups)

Use 1.5 cups dry quinoa, 4 cans black beans, 3 cans corn, 4-5 med. Tomatoes, one bunch scallions, 1/2 bunch cilantro, 3 bags tortilla chips. 1/4 cup olive oil, 1/4 cup white wine vinegar, triple amt of spices.

Today, your child's class was visited by Farmer Tina, and this colorful & nutritious recipe was prepared and shared as part of her lesson on about where our food comes from. You can investigate the country of origin for foods at home using the National Geographic Interactive mapmaker @ <http://mapmaker.nationalgeographic.org/> Grow It Green Morristown is a local non-profit organization that creates sustainable farms and gardens, and educates communities on healthy eating and environmental stewardship. We believe that fresh, local food should be accessible to all. For more information about Grow It Green Morristown, and ways you can help, please see our website <http://www.growitgreenmorristown.org/>

Special thanks to our sponsor

