

Ensalada Azteca



Made with quinoa, black beans, and mangoes this vibrant dish from the The China Study Cookbook is perfect as an anytime meal.

What You'll Need:

- 2 15-ounce cans black beans, drained and rinsed
- 2 cups cooked quinoa or brown rice
- ½ cup finely chopped red onion
- 1 green poblano pepper, diced
- 1 large tomato, diced
- 1 large avocado, diced
- 2 cups frozen corn, thawed
- ½ cup mangoes, diced
- 1 jalapeño, finely diced
- ¾ cup fresh cilantro, chopped

DRESSING:

- ⅓ cup unseasoned rice vinegar
- 2 Tbsp. lime juice
- ½ cup mangos, diced
- ¼ cup agave or honey
- ½ tsp grated ginger
- Sea salt to taste

How to Make It:

- 1** Combine beans, rice (or quinoa), onion, pepper, tomato, avocado, corn, mangoes, jalapeño, and cilantro in a large salad bowl.
- 2** In a food processor, place vinegar, lime, mangoes, agave and ginger. Process until smooth.
- 3** Pour dressing over salad. Toss gently to mix. Season with salt.

Cooking Tip:

Seasoned rice vinegar has a mild sweet-sour flavor that makes it a delicious salad dressing by itself or mixed with other ingredients.