

Quinoa and Black Bean Recipe

We have come to the time of the year where it is customary to make New Year's Resolutions. While this may not be a practice that every one follows, the beginning of the year is the best time to start out on the right foot. While exercising more, being more polite, or other things may be on the typical list, I believe that food should be the basis for many of these resolutions. What harm is there in trying to eat more fruits and vegetables this year? Or better yet, why not make a commitment to cook more meals at home?

In the fast paced world that we live in, time for cooking at home has taken a back seat. While dollar menus flourish across the nation, more tables at home are unoccupied. In the spirit of easy to prepare, quick cooking, and delicious food, I give you this quinoa and black bean recipe. This recipe is both gluten free and vegetarian, costs only \$3-\$6 per serving, and takes only 20-30 minutes to prepare.

Ingredients:

1.5 Cups - Quinoa
1 Cup - Vegetable stock
15 oz Can - Black beans
3 each - Medium Roma tomatoes - medium dice 1/4" x 1/4"
1 Cup - Baby spinach
2 Bunches - Red radishes
1 each - Avocado - sliced
6-10 oz - Fat-free Greek yogurt
2 Tbsp - Olive oil
3 oz - [Pastamore Roasted Garlic Balsamic Dipping Oil](#)
2 Tbsp - [Pastamore Fresh Jalapeno Oil](#)
2-4 Tbsp - [Pastamore Traditional Barrel Aged Balsamic Vinegar](#)
1 tsp - Dry ground mustard
TT - Salt and black pepper
As garnish - Oregano

Directions:

1. Preheat oven to 375F. Clean and cut the radishes into quarters (save a few fresh radishes for garnish). In a bowl, combine the radishes, olive oil and Pastamore Traditional Barrel Aged Balsamic Vinegar. Mix well and place on a baking sheet (cover with tin foil for easy clean up). Once the oven is preheated, place the radishes in the oven and cook for 20-25 minutes.

2. While the radishes are cooking, in a pot place 3 cups of water, 1 cup of vegetable stock, and 1.5 cups of quinoa. Bring the mixture to a boil and then cover and reduce to a simmer. Cook time will range between 10-15 minutes and the quinoa will be done when it is soft, appears translucent and the germ ring is visible. If there is excess liquid, strain through a fine sieve.

3. While the quinoa is cooking, heat the black beans in a saucepan. Once heated, place the beans in a colander and rinse them clean. When the quinoa is finished, add the black beans, diced tomatoes, spinach, dry mustard, [Pastamore Fresh Jalapeno Oil](#), [Pastamore Roasted Garlic Balsamic Dipping Oil](#), and season to taste.

4. Mix thoroughly for at least 1 minute and plate. Garnish with oregano and avocado, and top with the Greek yogurt (in this case the yogurt is used as a healthy substitute for sour cream). On the side of the main dish, plate the roasted radishes.