



BUSTLING BREAKFAST RECIPES

by Cynthia Lair

Overtime Quinoa and Black Bean Salad

Okay, you might not have heard of quinoa (pronounced keen-wah) but you should make its acquaintance. It's a very nutrient-dense, quick-cooking whole grain that has a light nutty flavor.

- 1/4 cup pine nuts
- 2 1/2 - 3 cups cooked quinoa
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 5 tablespoons chopped cilantro
- 2 scallions, finely chopped
- 1/2 jalapeno pepper, finely chopped (seeds removed) - optional
- 1 cup cooked black beans

Pre-heat oven to 300 degrees F. Put pine nuts in a small baking dish and toast them for 5-7 minutes, until they turn golden. Remove and set aside.

Remove cooked quinoa from pot, place in large bowl and let cool. Combine olive oil, lemon juice, cumin, and salt in a bowl. Whisk together and pour over warm quinoa (not hot, not cold). Toss well. Add cilantro, scallions, jalapeno, black beans, and pine nuts to quinoa and toss again. Serve at room temperature.

Preparation time: 45-50 minutes

Makes: 4 servings

Recipe from **Feeding the Young Athlete: Sports Nutrition Made Easy for Players and Parents** by Cynthia Lair with Scott Murdoch, RD, PhD (Moon Smile Press, 2002) www.feedingfamily.com