

# Black Bean-Quinoa Salad with Basil-Lemon Dressing

## YIELD

<sup>10</sup> servings (serving size: <sup>1</sup> cup)

## Ingredients

<sup>1</sup>  $\frac{1}{2}$  cups uncooked quinoa

<sup>3</sup> cups organic vegetable broth (such as Swanson Certified Organic)

<sup>1</sup> (<sup>14</sup>-ounce) package reduced-fat firm tofu, cut into  $\frac{1}{4}$ -inch cubes

<sup>3</sup> tablespoons olive oil, divided

<sup>1</sup>  $\frac{1}{4}$  teaspoons salt, divided

<sup>1</sup> cup chopped fresh basil

<sup>3</sup> tablespoons fresh lemon juice

<sup>2</sup> tablespoons Dijon mustard

<sup>1</sup> teaspoon sugar

<sup>2</sup> teaspoons grated lemon rind

$\frac{1}{2}$  teaspoon freshly ground black pepper

<sup>3</sup> garlic cloves, minced

<sup>1</sup> (<sup>10</sup>-ounce) package frozen baby lima beans

<sup>4</sup> cups chopped tomato (about <sup>3</sup> medium)

$\frac{1}{2}$  cup sliced green onions

$\frac{1}{2}$  cup chopped carrot

<sup>1</sup> (<sup>15</sup>-ounce) can black beans, rinsed and drained

## How to Make It

- 1** Combine quinoa and vegetable broth in a saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer <sup>15</sup> minutes or until broth is absorbed and quinoa is tender. Remove from heat.
- 2** Place tofu on several layers of paper towels; cover with additional paper towels. Let stand <sup>5</sup> minutes. Heat <sup>1</sup> tablespoon oil in a large nonstick skillet over medium-high heat. Add tofu; sprinkle with  $\frac{1}{4}$  teaspoon salt. Sauté tofu <sup>9</sup> minutes or until lightly browned. Remove from heat; cool completely.
- 3** Combine remaining <sup>2</sup> tablespoons oil, remaining <sup>1</sup> teaspoon salt, basil, and next <sup>6</sup> ingredients (through garlic) in a large bowl; stir with a whisk until blended. Stir in quinoa.
- 4** Cook lima beans according to package directions, omitting salt and fat. Cool completely. Add the lima beans, tofu, chopped tomato, green onions, chopped carrot, and black beans to quinoa mixture; stir gently to combine. Store, covered, in refrigerator until ready to serve.