

K's Kitchen: Black Bean, Veggie, Quinoa Medley

By Kathryn Reed

It's good to be flexible in the kitchen. Sometimes I just start throwing things in a pan and am pleasantly surprised. Such is the case with this recipe.

One of the great things about quinoa is that it is a fabulous source for protein. It can easily be substituted for rice, which has little nutritional value – white rice in particular.

Using soy sauce eliminates the need to add salt, though I'm sure some people will still want to add some.

I liked using arugula because it has a distinct flavor by itself. It's a green I first came to love when I lived in Sonoma County and grew what seemed like bushels of it. It's nice to see local grocery stores carrying it now.

For me, this dish was a meal unto itself. I loved having it warm, and then reheating as leftovers. But at room temp or cold would work too.

The arugula makes it seem like a salad, but it is so much more.



**Black Bean, Veggie, Quinoa
Medley**

1 C quinoa

4 T olive oil

1 medium red onion, diced

1 yellow or orange bell pepper, diced

1 small tomato, chopped

$\frac{3}{4}$ C mushrooms, chopped

1 T soy sauce

2 T lime juice

1 chipotle in adobo, minced

1 15 ounce can black beans, drained

$\frac{1}{2}$ C cilantro, chopped

4 C packed arugula

Cook quinoa according to directions.

In saucepan heat olive oil over medium-high heat. Sauté onion and pepper until soft. Add tomato and mushrooms. Cook for a few minutes. Then add soy sauce, lime juice and chipotle. Add

black beans. Let simmer for at least 5 minutes. Add cilantro. Let flavors meld for a few minutes.

Place arugula in large serving bowl. Then add warm quinoa and veggie mixture. Stir all together and serve warm.