

## **RECIPE: BLACK BEAN PILAF WITH CILANTRO LIME DRESSING**

### **BEVERAGES**

**Water, 24 fl oz.**

### **CANNED FOOD**

**Black beans (canned), 13.71 oz.**

### **CONDIMENTS & OIL**

**Extra virgin olive oil, 2.67 fl oz.**

### **NUTS, SEEDS & DRIED FRUITS**

**Pumpkin seeds, 1.64 oz.**

### **SPICES & SEASONINGS**

**Sea salt, 0.22 oz.**

**Cumin seeds (ground), 0.09 oz.**

### **VEGETABLES**

**Kale, 3.59 oz.**

**Green onion, 4**

**Fresh cilantro, 0.14 oz.**

### **MISCELLANEOUS**

**Quinoa, 1.5 cup**

**Fresh lime juice, 5 tbsp.**