Quinoa with Black Beans and Feta Cheese

- 1 tablespoon vegetable oil
- 2 cups chopped white onions
- 1 cup quinoa,* rinsed, drained
- 2 teaspoons chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 1-½ cups water
- 1 15-ounce can black beans, rinsed, drained
- ½ cup chopped fresh cilantro,
  · feta cheese

* depending on the quality of the quinoa you purchase you may need to soak the quinoa for 10-15 before rinsing and using

Heat the oil in a saucepan over medium-high heat. Add the onions and sauté until beginning to soften, about 5 minutes. Stir in the quinoa, chili powder and cumin. Add water and bring to a boil. Cover and reduce heat to medium-low and simmer until the quinoa is almost tender, about 15 minutes. Add beans, ¼ cup of cilantro and cook until liquid is absorbed and all kernels have “popped,” about 3 minutes. Transfer to a bowl; sprinkle with cheese and the remaining cilantro.