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# Summer Recipes

Fresh and healthy — and perfect for any Beaver fan.  
Bring one to your next picnic or party!



## BEAVER FAN BLACK BEAN QUINOA SALAD

A healthy meal with a kick.



## REFRESHING MANGO LASSI

A fresh dessert alternative.

How'd yours turn out? Post to our Facebook page ([facebook.com/oregonstatealum](https://facebook.com/oregonstatealum)), tag us in your Instagram post ([@oregonstatealum](https://instagram.com/oregonstatealum)) or mention us in your tweet ([@oregonstatealum](https://twitter.com/oregonstatealum)).



# Beaver Fan Black Bean Quinoa Salad

A healthy meal with a kick



Nutrition Facts	
Serving Size 1 cup (113g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 5g	20%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

**MAKES**  
8 servings

**PREP**  
10 min

**COOK**  
20 min

**TOTAL**  
30 min

## INGREDIENTS

- 1 cup quinoa
- 2 cups cold water with 1/2 teaspoon salt
- 1 tablespoon avocado oil or olive oil
- 2-3 garlic cloves, minced
- 1/4 red onion, diced
- 1/2 ORANGE bell pepper, diced
- 1 jalapeno pepper, minced
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon kosher or sea salt
- Freshly ground pepper
- 2 cups cooked black beans
- 1 Roma tomato, seeded and diced
- 1 cup cucumber, seeded and diced
- 3-5 tablespoons chopped cilantro
- Juice of 1 lime

## DIRECTIONS

Cook quinoa according to package. While the quinoa is cooking, heat the oil and sauté garlic, onion, orange pepper and jalapeno over medium heat until soft and aromatic (about 4-6 minutes)

Stir in cumin, coriander, salt and pepper, cook for another minute. Add quinoa and black beans, mix well.

Toss tomato, cucumber, cilantro, lime juice, and salt together in a large bowl. Add the ingredients from the sauté pan to the large bowl and mix well.

This recipe was voted a Top 5 in the GridIron Chef 2013 contest, and is courtesy of the College of Public Health and Human Sciences and the Moore Family Center.

For more recipes like this one, visit

[health.oregonstate.edu/moore-center/recipes](http://health.oregonstate.edu/moore-center/recipes)



Oregon State University  
Alumni Association

# Refreshing Mango Lassi

A fresh dessert alternative



Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 43mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**MAKES**  
4 servings

**PREP**  
10 min

**TOTAL**  
10 min

## INGREDIENTS

- 1 ½ cups frozen mango chunks
- ½ cup plain, nonfat Greek yogurt
- 2 tablespoons water
- 1 ½ teaspoons honey
- 1 teaspoon lemon juice
- ¼ teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/8 teaspoon cardamom

## DIRECTIONS

Allow frozen mango chunks to thaw for 5-10 minutes. Place all ingredients into a blender and blend until smooth. Serve in small glasses.

\*\*If it is too thick, add water and taste for sweetness.\*\*

Tip: Serve with a sprinkling of coconut flakes on top or try using other frozen fruits like pineapple or strawberries!

This recipe is courtesy of the College of Public Health and Human Sciences and the Moore Family Center.

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