

Southwestern Quinoa Salad with Chile-Lime Vinaigrette

1 ⅓ cups	quinoa	1	jalapeno chile, seeded & minced
1 pound	frozen white corn or 3 cups freshly cut corn	⅓ cup	olive oil
1 15 oz can	black beans, strained and rinsed	3 Tbs	fresh lime juice
2 large	tomato, diced	1 ½ Tbs	wine vinegar
1 large	avocado, peeled, seeded and cubed	1 ½ tsp	ground cumin
		½ tsp	salt
		¼ cup	cilantro, chopped

Vinaigrette

2 large garlic cloves, minced

- 1 Rinse quinoa thoroughly with cold water. This is VERY IMPORTANT, as it removes the bitter taste of the quinoa.
- 2 Combine 2 cups of water with quinoa in medium saucepan. Bring to a boil, cover, reduce heat to a simmer and cook 10 minutes. Then add in frozen corn. Continue cooking for 5 minutes or until quinoa is al dente. Drain.
- 3 While quinoa is cooking, drain black beans and dice tomatoes. Place in salad bowl.
- 4 Mix all vinaigrette ingredients in food processor, a bowl or salad dressing shaker.
- 5 After draining quinoa/corn mixture, add to salad bowl. Mix, top with cubed avocado, garnish with more cilantro and serve.

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 431 calories, 185 calories from fat, 21.2g total fat, 0mg cholesterol, 207.1mg sodium, 848.5mg potassium, 53.9g carbohydrates, 10.5g fiber, 4.5g sugar, 11.7g protein.

Source

Author: Patricia Rose

