

Quinoa, Black Bean & Corn Salad

serves 6

This is a zippy, high protein dynamite main course or side dish. It is a nutrition powerhouse, delicious, and quite easy to prepare.

1 tsp. olive oil
2/3 cup quinoa
1 cup vegetable stock
1 tsp. salt
2 tsp. olive oil, additional
1 1/2 T. lime juice
1/4 tsp. ground cumin
1/4 tsp. ground coriander

1 1/2 T. chopped cilantro
2 T. minced scallions
1 1/2 cups cooked black beans
1 cup 1/4" dice red or yellow peppers'
1 cup 1/2" diced tomato
2 tsp. minced fresh chilies
1 cup cooked corn

Heat oil in a small pot over medium high heat. Add quinoa and fry for a minute or two until sizzling and popping. Add stock and salt, turn heat to high, and bring to a boil. Place tight fitting lid on the pot, turn heat to a low simmer, and cook for 15-20 minutes. Turn heat off and let rest for 5 minutes before fluffing. May be made hours or a day ahead and refrigerated. Mix the additional olive oil, lime juice, cumin, coriander, cilantro, and scallions in a medium bowl. Add the cooked quinoa, the black beans, diced peppers and tomato, the chilies, and the corn. Stir well. Adjust seasonings to suit your tastes. This is a complete protein one-dish meal. Serve with a Mexican or South American soup and salad for a feast.