

MEXICAN QUINOA SALAD

Yields 6 servings

Ingredients

- 2 tsp. olive oil
- 2 cloves minced garlic
- 3 jalapeños, seeded and chopped
- 1 cup uncooked quinoa (keen-wah), rinsed and drained
- 1 ¼ cups chicken or vegetable broth
- 1 ½ cups black beans, drained and rinsed
- 1 ½ cups seeded and diced tomatoes
- 1 cup frozen corn, roasted in the oven
- ½ tsp. kosher salt
- 1/3 cup chopped cilantro
- ½ lime juice
- ½ tsp. cumin

Preparation

- Heat olive oil and sauté garlic, jalapenos and cumin for about 1 minute (do not brown).
- Stir in quinoa, broth and beans, bring to a boil and cover.
- Reduce to simmer and cook 15- 20 minutes or until liquid absorbed.
- While quinoa is cooking, roast the corn in a 350 degree oven for about 10-15 minutes or until lightly browned. Allow to cool.
- Remove quinoa from the heat and keep covered, Let it rest about 5 minutes. Remove cover and fluff the quinoa.

This can also be served hot as a side dish; great for a BBQ side dish. If serving cold, allow to cool then add corn, tomatoes, cilantro and lime juice.

Optional Garnishes

- Shredded Monteray jack cheese and/or cheddar cheese
- Pico de gallo or salsa
- Dollop of sour cream
- Sliced avocado