Fiesta Quinoa Salad

Who needs a spoonful of sugar to help the medicine go down, when you can have this colorful, healthful quinoa salad. There's so much to enjoy – and so good for you, too.

Serve this colorful salad on a bed of leafy baby greens.

Yield: 6 servings

**Ingredients**

- 1 cup quinoa
- 2 cups vegetable broth
- 2 ears corn, roasted, kernels cut off cob or 1 cup frozen corn
- 1 red bell pepper, roasted and chopped
- 1 (15-ounce) can black beans or soy beans, rinsed and drained
- 3 scallions, sliced
- ½ cup chopped cilantro
- Juice of 3 limes
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- ¼ teaspoon cayenne pepper

**DIRECTIONS**

1. Combine the quinoa and broth in a medium saucepan. Bring to a boil, cover, and simmer for 15 minutes or until tender.

2. In a large bowl, mix together the cooked quinoa, corn, pepper, beans, scallions, and cilantro.

3. In a small bowl, whisk together the lime juice, olive oil, and seasonings. Pour over the quinoa mixture. Cover and chill for at least 30 minutes to let the flavors set.

**NUTRITION INFORMATION**

Calories: 230, Fat: 7g, Saturated Fat: 1g, Sodium: 380mg, Carbohydrate: 36g, Fiber: 6g, Protein: 8g