



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 $\frac{1}{2}$ cup chopped cilantro
- Juice of 3 limes
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon fresh ground black pepper
- $\frac{1}{8}$ 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