

# Quinoa and Black Bean Salad

Quinoa (KEEN-wah) is a grain that is riding quite the popularity wave lately and with good reason! It is delicious and versatile and full of anti-oxidants, fibre and is the grain with the highest protein content. This makes it a great food for vegans and vegetarians but it is tasty enough to be enjoyed by meat-eaters as well. Introduce this grain to your co-workers at your next potluck by way of this delicious southwestern inspired salad!

## Ingredients

3 cups cooked quinoa (cooked in water)  
1 can black beans, drained and rinsed  
1 ½ cup fresh corn (or frozen, thawed)  
¾ cup green bell pepper, chopped finely  
¼ cup fresh cilantro leaves, chopped  
Juice of 1 lime  
1/3 cup olive oil  
1 tsp sea salt, fine  
1 ¼ tsp cumin



## Preparation

1. If not using pre-rinsed quinoa, then rinse the quinoa 3-5 times to remove the bitterness. To make three cups of quinoa, place 1 cup of uncooked quinoa into 2 cups of water and bring to a rolling boil. Once boiling, reduce heat to low, cover and let simmer for 15 minutes. After 15 minutes, turn off the heat and remove the pot from the burner. Let stand for 5 minutes, covered. After 5 minutes, remove the lid and fluff the quinoa with a fork. Allow quinoa to cool.
2. Chop the peppers and cilantro. Drain and rinse the black beans. If using frozen corn, defrost and pat dry. If using fresh corn, slice from the cob.
3. In a large bowl, add the quinoa, beans, bell pepper, corn and cilantro.
4. In a separate bowl, mix the salt and cumin. Juice the lime (removing the seeds) and add to the spices.
5. Using a whisk, add the olive oil to the lime/spice mixture to create the dressing. Add dressing to the quinoa mixture and stir to combine well.
6. Salad will keep for up to a week in the refrigerator. Serves 12.

## Nutrition (per serving)

159 calories, 7.2g fat (0.8g sat, 4.4g mono), 18.3g carbohydrates, 3.5g protein, 2.2g fibre, 281.3mg sodium