

Quinoa Salad with Black Beans and Corn Recipe

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- 1 cup quinoa
- 2 cups water
- 1 can black beans, rinsed and drained
- 1 cup fresh corn kernels
- 3 green onions, chopped
- 3 medium tomatoes, chopped
- 1 small red pepper seeded and chopped
- 2 tablespoons olive oil
- Juice from one lime
- 2 teaspoons cumin
- 1 clove garlic, minced
- 1/8 teaspoon ground black pepper

Directions

Cook quinoa in boiling water for about 15 to 20 minutes, or until all the water is absorbed and the little "tails" appear.

1. Place the warm quinoa in a large bowl. Add the beans, corn, onion, red pepper and tomato. Mix olive oil, lime juice, garlic, black pepper and cumin and stir into quinoa mixture.
2. Salad can be served warm or at room temperature. A great salad to take to your neighborhood barbeque.

Serving size: 2/3 Cup, Serves 6.

Calories: 278; Total Fat: 7.7g; Saturated Fat: 1.1g; Trans Fat: 0g; Cholesterol: 0mg; Total Carbohydrate: 44.7g; Dietary Fiber: 8.7g; Protein: 10.7g; Calcium: 54 mg; Iron: 4.8 mg.