



Southwestern Quinoa Salad

Ingredients:

1 1/2 cups quinoa, uncooked rinsed and rerinsed
3 cups water
1 1/2 cups ripe plum organic, seeded and chopped
1/2 red onion, medium dice
1/2 cup scallions, thinly sliced
1 bunch of fresh cilantro, chopped fine
2 cup black beans, cooked
4 ears of fresh corn, decobbed
1 red pepper, medium dice
1/2 teaspoon cumin
1 teaspoon coriander
Salt & pepper to taste

Dressing:

1/4 cup lemon juice or lime
1/4 cup olive oil

Procedure:

- 1 Bring 3 cups of water to boil and add quinoa, cover and simmer 15 -20 Minutes.**
- 2 Prep tomatoes, onion, red pepper, corn, scallions, and cilantro.**
- 3 Cool Quinoa in large bowl. When cooled down toss, veggies and black beans and dressings. Garnish with additional cilantro.**

Cooks notes: Quinoa (Keen-Wah) highest nutritional profile and cooks the quickest of all grains. Contains all eight amino acids making it a complete protein. High in B vitamins, iron, zinc, potassium, calcium and vitamin E. Gluten-free making it east to digest, strengthening to the kidneys and heart.