

## **Quinoa Salad with Black Beans, Corn and Tomatoes**

*Courtesy of [www.simplyrecipes.com](http://www.simplyrecipes.com)*

Submitted by Janet McElroy

Yield: Serves 4-6

### **Ingredients:**

- 1 c uncooked quinoa, well rinsed
- 1/2 tsp salt
- 2 c water
- 1/3 c diced red onion
- 2 Tbsp lime juice
- 1 15-oz can black beans, drained & rinsed
- 1 c frozen corn, defrosted, or 1 c fresh corn, parboiled, drained & cooled
- 3 medium tomatoes, seeded and cut into chunks
- 3 oz Queso fresco, Queso Panela, fresh Mozzarella or other mild farmer's cheese, cut into 1/4-inch to 1/2 inch cubes
- 1 jalapeno, seeded and finely chopped
- 1/4 c chopped cilantro, including tender stems, packed
- 3 Tbsp olive oil

### **Directions:**

1. Put the rinsed quinoa, salt and water into a pot and bring it to a boil. Cover and simmer gently until the quinoa absorbs all the water, about 10-15 minutes. Remove from heat, and let sit for 5 minutes. Place into a large bowl and fluff up with a fork to help it cool more quickly.
2. While the quinoa is cooking, prepare the rest of the salad. Soak the red onions in the lime juice and set aside. Soaking the onions in lime juice (or lemon juice or water) helps take the edge off of them. Mix the prepped black beans, corn kernels, tomatoes, cheese, jalapenos, cilantro, and oil into a large bowl.
3. When the quinoa has cooled, mix it into the bean mixture. Add the red onion and the lime juice and add salt, more oil or lime juice to taste. Serve at room temperature.