



# Fiesta Quinoa Salad

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|--|--------------------------------|
| ½ cup uncooked and rinsed quinoa                     | 2 Tbsp. olive oil              |
| ½ cup corn, drained and rinsed or thawed from frozen | Juice from 1 lime              |
| ½ cup black beans, drained and rinsed                | 2 tsp. fresh cilantro, chopped |
| ½ cup red or green bell pepper                       | ½ tsp. cumin                   |
| 1/3 cup red onion, chopped                           | ½ tsp. garlic powder           |
| 1 jalapeno, seeded and chopped (optional)            | ¼ tsp. black pepper            |
|  | 1/8 tsp. salt                  |

## Directions

1. In a saucepan, heat 1 cup water to boiling. Add quinoa. Return to boiling; reduce heat. Cover and simmer for 10 minutes. Fluff with a fork and allow to cool slightly.
2. Add corn, black beans, bell pepper, red onion and jalapeno to quinoa.
3. In a small separate bowl, whisk together olive oil, lime juice, cilantro, cumin, garlic powder, pepper and salt.
4. Add dressing to vegetable mixture and gently toss to coat. Cover and refrigerate for 2 hours prior to serving. **YIELD: 8-1/2 cup servings**

**Nutrition Facts** (per serving): *90 calories, 4.5 grams fat, 0 milligrams cholesterol, 70 milligrams sodium, 4 grams carbohydrate, 2 grams fiber, 3 grams protein*

*University of Illinois Extension, Meals for a Healthy Heart Curriculum*



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