

Southwest Quinoa Salad

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*Quinoa is a delicious **high protein** ancient “grain”—actually quinoa is a **seed** of a green leafy plant. When cooked, quinoa has the characteristics of rice or other grains. This recipe makes enough for a large group.*

- 2 cups quinoa, uncooked
- 1 small onion, finely diced
- 2 cups roasted corn niblets (available frozen from Trader Joe’s)
- 1 large tomato, diced
- 1 red pepper, diced
- 1 small zucchini, diced
- 1 (15 oz) can black beans, rinsed and drained
- Cilantro or Italian parsley leaves, (1/4 cup) chopped
- Vinaigrette
 - ¼ cup olive oil
 - 2 Tablespoons apple cider vinegar
 - 2 cloves garlic, minced
 - 1 tsp Dijon mustard
 - ½ teaspoon salt
 - Freshly ground black pepper



Directions:

1. Cook quinoa according to package directions: Bring 4 cups water to boil, stir in 2 cups quinoa, cover, and lower heat to simmer for 18 minutes. Remove pan from heat and let sit for 5 minutes more. Fluff with fork.
2. In large skillet, sauté onion in 2 Tablespoons olive oil until translucent but not brown. Add frozen corn and zucchini, cook for 5 minutes more until corn is heated through and zucchini is slightly softened.
3. In a small bowl, prepare the dressing whisking together ¼ cup olive oil, vinegar, garlic, Dijon, salt, and pepper.
4. In a very large mixing bowl, combine the quinoa, vegetables, and dressing.
5. Cover and refrigerate.
6. Serve chilled or at room temperature

Optional: Add ½ cup crumbled feta cheese or goat cheese to the chilled salad

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