

# Quinoa Salad

PREP TIME

Salad

30  
minutes

## Quinoa Salad



### INGREDIENTS

#### Dressing

- 1 tsp. Cumin Seeds
- 2 Tbsp. Lime Juice
- 6 Tbsp. Vegetable oil
- Salt to taste
- Pepper to taste

#### Salad

- 3/4 cup Quinoa
- 1 1/2 cup Water
- 1/4 tsp. Salt
- 15 oz. can Black Beans
- 1 Red Bell Pepper
- 1/2 cup Cilantro
- 3 oz. Pickled Onion
- 1/4 cup Corn Shoots
- 1 cob Grilled Corn

### DIRECTIONS

For Dressing Toast cumin seeds in a skillet until very fragrant, about 2 minutes. Remove from the skillet immediately to avoid cooking further. Place seeds, lime juice, and oil in a blender and blend until seeds are crushed and ingredients are emulsified. Season with salt and pepper. (May adjust ingredients to desired taste)

For Salad In a medium sauce pan, combine quinoa, water and salt. Bring to a boil, stir once, then reduce heat and simmer on low and cover. Cook until the water is absorbed, about 15 minutes. Remove from heat. Spread onto a shallow pan and cool in the refrigerator for at least 20 minutes. While quinoa is cooling, rinse black beans, and drain well. Finely dice the bell pepper and onion. Chop cilantro and corn shoots coarsely. Cut kernels off the cob. Place all ingredients in a large bowl and toss with dressing (may add or delete desired ingredients to taste.)

COOK TIME

10  
minutes

YIELD

4  
servings