

THE CULINARY

Playground



Southwestern Quinoa Salad

Serves 4

2 cups cooked quinoa*
3/4 cup black beans
1/2 cup frozen corn, thawed
8 roasted red pepper strips, drained and diced
3 scallions, sliced thin

Dressing

1/8 cup lime juiced
1/8 cup orange juice
1/4 cup olive oil
1 clove garlic, minced
1/4 cup chopped cilantro
1/2 tsp ground cumin
1/4 tsp salt
Pinch pepper

To make dressing: In a jar with a tight-fitting lid, add dressing ingredients. Shake well until combined.

To make salad, toss all ingredients with just enough dressing to coat.

*To cook quinoa:

Fill small saucepan with water and bring to a boil. Lightly salt and add the quinoa, return to a boil, then reduce to simmer for 12 minutes. Drain and rinse under cool water.

Benefits of Quinoa

Protein rich. Double the fiber of other grains. Full of important nutrients like iron and magnesium.