



Quinoa Salad

Prep time: 20 min
Cook time: 15 min
Serves 4

INGREDIENTS

- 1 cup uncooked quinoa, rinsed
(or 1 cup brown rice)
- 1/2 teaspoon salt
- 2 cups water
- 1/3 cup red onion, diced
- 2 Tablespoons lime juice
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup corn (frozen, canned or fresh)
- 2 medium tomatoes, seeded and diced
- 1 jalapeno, seeded and minced (optional)
- 1/4 cup fresh cilantro, chopped
- 2-3 Tablespoons olive oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Put quinoa, salt and water in a pot and bring to a boil. Cover and simmer gently until quinoa absorbs all the water, about 10-15 minutes. Or, if you are using brown rice, prepare using directions on container.
2. Remove quinoa or rice from heat and let sit for 5 minutes. Place in a large bowl and fluff with a fork.
3. Combine red onions and lime juice in a small bowl and soak the red onions in the lime juice while preparing the other ingredients.
4. Mix the black beans, corn, tomatoes, jalapeno (if using), cilantro, and oil in a large bowl. Add the red onions and lime juice.
5. When quinoa has cooled, mix in with the other salad ingredients. Serve at room temperature.

Quinoa (pronounced "keen-wah") is a whole grain. It comes from South America. It cooks in about 20 minutes and can be used like rice.



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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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