



Mexican Quinoa Salad

Recipe Source: www.greenhealthycooking.com

Makes 4 Servings

Ingredients:

1 cup of quinoa
1.5-2 cups of vegetable stock
½ red onion
1 cup of cooked black beans (choose low sodium if canned)
2 tomatoes
1 cob cooked corn
2 small Avocado (ripe but firm)
2 hands full cilantro leaves
1-2 chilis
2 limes
Pepper

Steps:

- Add quinoa and stock into a pot and bring to a boil. Once boiling, reduce heat immediately to low and cover tightly with lid. Cook about 15 minutes or until done.
- Wash and deseed tomatoes and dice into corn-sized pieces.
- Wash and peel onion and chop VERY finely.
- Wash and chop cilantro leaves.
- Rinse beans and add to the bowl.
- Cook ear of corn, once cooled cut off kernels.
- Wash and chop chilis.
- Once quinoa is cooked, let cool and put into bowl with beans, cilantro, onion, tomato, corn and chilis.
- Peel avocado and dice into corn-size pieces. Add to the bowl.
- Season with pepper and fresh lime juice for the dressing. Stir and serve.

Nutrition (per serving): Calories: 439, Carbohydrates: 60 grams, Protein: 14 grams, Total fat: 18 grams, Saturated fat: 3 grams, Cholesterol: 0 mg, Sodium: 303 mg, Fiber: 15 grams, Sugar: 8 grams.