



SOUTHWEST QUINOA SALAD

This salad is hearty enough to hold its own at lunch and dinner. Sweet corn kernels, crisp bell peppers, and soft baby spinach brighten up the dish.

1 cup dry quinoa, rinsed and drained

1- 16 oz. can black beans, rinsed and drained

1 cup frozen, canned or fresh corn kernels

1 large red bell pepper, diced in 1/4" pieces

1/2 bunch (3-4 stalks) green onions, both green and white parts cut 1/4"

1 bunch fresh cilantro, chopped

4 cups baby spinach, roughly chopped

FOR JALAPENO LIME DRESSING:

1 large jalapeno, minced finely

1 garlic clove, finely minced

4 tablespoons lime juice (juice from 2 limes)

1 teaspoon salt

1 teaspoon honey

1 teaspoon ground cumin

1/4 cup olive oil

- 1. Bring** 1 1/2 cups of water to boil in a medium saucepan. Add rinsed quinoa and stir. Bring back to boil then lower temperature to 'low' setting. Cover with lid and set timer for 15 minutes.
- 2. While** the quinoa is cooking, rinse beans in fine mesh strainer and cut bell pepper, green onions, and cilantro. Add to large mixing bowl and stir with mixing spoon.
- 3. Mince** jalapeno and garlic. Add to a small mixing bowl, along with the lime juice, salt, honey and cumin. Pour olive oil in a steady stream to bowl while whisking.
- 4. Once** quinoa is translucent, it is done cooking. Turn off the heat and let stand off heat for 5 minutes with the lid off. Once quinoa is cooled, fluff with fork and add to mixture in the large bowl.

(instructions continued on next page)



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- 5. Mix** quinoa and vegetables together with a large spoon, then pour dressing over the top. Mix together and chill.
- 6. When** ready to serve, add spinach and toss to combine.



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