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)
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.

**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.