

Southwestern Quinoa Salad

A healthy salad with lots of colors and fresh taste.

Makes: 8 servings

Total Time: 1 hour 25 minutes

Ingredients:

- 1 cup uncooked quinoa (rinsed)
- 2 cups chicken broth
- 1 can (15 ounces) black beans (drained and rinsed)
- 1 cup of corn
- ½ avocado (diced)
- handful of cherry tomatoes
- 1/2 cup diced green bell pepper
- ½ red onion
- ⅓ cup chopped cilantro
- 1/2 cup of feta cheese

Dressing

- 2 tablespoon olive oil
- 1 tsp. of honey
- 1/2 cup of fresh lime or lime juice
- 1 teaspoon salt
- 1 teaspoon cumin powder
- 1/2 tsp. paprika
- 1/2 tsp. chili powder

Directions:

1. Add quinoa and water (or broth) to pan and bring to boil
2. Let simmer for 15 min covered, fluff with a fork when all liquid is absorbed
3. After cooling, add pepper, corn, beans, cilantro, feta cheese, and red onion
4. Stir gently, add dressing
5. Top with avocado (optional)



Nutrition Facts

Servings Per Recipe: 8

Calories: 195

	% Daily Value *
Total Fat: 10g	13%
Saturated Fat: 4g	19%
Cholesterol: 18mg	6%
Sodium: 197mg	9%
Total Carbohydrate: 22g	8%
Dietary Fiber: 3g	12%
Total Sugars: 3g	
Protein: 6g	13%
Vitamin C: 18mg	19%
Calcium: 91mg	7%
Iron: 1mg	3%
Potassium: 189mg	4%