



FORKS OVER KNIVES™

Fiesta Quinoa Salad | By Christy Morgan

From *Blissful Bites*

Makes 5 to 7 servings



1 cup white quinoa, plus 1/4 cup red quinoa,
washed and drained
1 cup fresh corn, off the cob
2 cups filtered water
Pinch sea salt
1 can (15 ounces) black beans, rinsed and drained
1/2 cup finely diced yellow pepper (or another
color bell pepper)
1/2 cup diced tomatoes
1/4 cup cilantro leaves

Dressing:

2 teaspoons lime zest
2 tablespoons lime juice
2 teaspoons cumin
2 teaspoons chili powder
2 tablespoons tamari
2 teaspoons apple cider vinegar

Instructions:

Place quinoa, corn, and water in a medium saucepan with pinch of salt and bring to a boil.

Simmer covered for 20 minutes over low flame.

Meanwhile, whisk the dressing ingredients in a small bowl until well combined.

Fluff quinoa with fork, place in medium bowl, and stir in the black beans, veggies, dressing, and cilantro.

Season with sea salt if needed. Serve warm or cold the next day.