



Quinoa, Black Bean and Corn Salad

Serves 4

Dressing:

- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons fresh cilantro or parsley, chopped
- 2 stalks scallions, chopped
- 1 teaspoon minced garlic
- 1 teaspoon cumin

Salad:

- ¼ cup quinoa (rinsed under water) or bulgur
- ½ cup chicken or vegetable broth
- 1 can black beans, drained and rinsed
- 1 tomato, seeded and diced
- 1 cup fresh or frozen corn (use three ears if fresh corn)

- 1) Cook quinoa or bulgur in broth for 12-15 minutes, until liquid is absorbed.
- 2) While grain cooks, mix dressing ingredients in a large bowl.
- 3) Add drained and rinsed beans, tomato and corn.
- 4) Cool grain to room temperature, then mix with other ingredients; chill until ready to eat.

From: www.wholegrainscouncil.org

Nutritional Information:

Calories: 274
Total Fat: 8.5g
Saturated Fat: 1g
Dietary Fiber: 10g
Protein: 11g