

Mexican Quinoa Salad



ingredients

Salad

- 1 cup quinoa or minute rice, uncooked
- 2 cups vegetable broth
- 1 - 15 oz can black beans, rinsed and drained
- 1 - 15 oz can sweet corn, drained
- 1 pint cherry or grape tomatoes, quartered
- 1/4 large red onion, finely diced
- 1/4 cup fresh cilantro, chopped
- 1 tsp lime zest

Dressing

- 1/4 cup canola oil
- 1/4 cup lime juice (1 lime)
- 2 Tbsp apple cider vinegar
- 1 clove garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1/4 tsp black pepper

instructions

- In a large skillet, spray nonstick cooking spray and cook tomatoes over medium high heat for 5 minutes, stirring occasionally. Add quinoa and vegetable broth and stir to combine. Bring broth to a boil and reduce heat to low. Cover and let simmer for about 20 minutes or just until the water is absorbed. *Cooking time may be longer due to the moisture in the tomatoes.
- Place the quinoa in a bowl, cover loosely with plastic wrap, and let cool in the fridge for about 2 hours.
- To prepare dressing, place all ingredients into a jar that can be sealed. Shake well until combined.
- Once quinoa is cooled, add remaining ingredients and dressing to salad and mix well to combine.