



# FIESTA QUINOA SALAD

## QUICK INFORMATION

TIME



1 HR

SERVES



6

CALORIES



220

GLUTEN FREE



RECIPE

VEGAN



RECIPE

VEGETARIAN



RECIPE

## INGREDIENTS

- 1 cup of Lundberg Tri-Color Quinoa
- 2 cups of vegetable broth
- 2 corn ears, roasted, kernels cut off cob or 1 cup frozen corn
- 1 red bell pepper, roasted and chopped
- 1 (15oz) can black beans or soy beans, rinsed and drained
- 3 scallions, sliced
- 1/2 cup chopped cilantro
- Juices of 3 limes
- 2 tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp fresh ground black pepper
- 1/8 tsp cayenne pepper

## NUTRITIONAL FACTS

Serving Size: 1/6 of recipe

### AMOUNT PER SERVING

**Calories** 220      Calories from Fat 90

**Total Fat** 10g  
Saturated Fat 1.5g  
Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 600mg

**Total Carbohydrate** 27g  
Dietary Fiber 7g  
Sugars 5g

**Protein** 6g

## PREPARATION

Combine quinoa and broth in a medium saucepan. Prepare according to package instructions.

In a large bowl, mix together the cooked quinoa, corn, pepper, beans, scallions, and cilantro.

In a small bowl, whisk together the lime juice, olive oil, and seasonings. Pour over the quinoa mixture. Cover and chill for at least 30 minutes to let the flavors set.

\*Recipe courtesy of Oldways Whole Grains Council and the Oldways Nutrition Exchange