

Mexican Quinoa Salad

Recipe 218 of 365

Yes, this is an obsession. My apologies. But it's good for me, and I like it, and it's easy, and it prevents me from wolfing down pasta salad, and . . .what else is important?

Use this as a side dish for enchiladas or tacos for six, or make it a meal by garnishing with salsa, shredded cheese, avocado slices, and/or a dollop of sour cream.

TIME: 20 minutes

MAKES: 4 to 6 servings

1 cup quinoa
2 cups chicken broth or water
1/4 teaspoon salt
2 tablespoons lime juice
2 tablespoons extra virgin olive oil
1/2 cup sliced scallions
2 tablespoons chopped fresh cilantro
2 cups halved grape tomatoes
1 1/2 cups fresh corn (cut from 2 small cobs)
1 (15-ounce) can black beans
Salt and freshly ground pepper, to taste

Combine the quinoa, broth, and salt in a small saucepan. Bring to a boil, cover, and simmer over low heat for 15 minutes, or until the grains have puffed up and absorbed all the liquid.

Transfer the cooked quinoa to a bowl, and stir in lime juice, olive oil, scallions, cilantro, tomatoes, corn, and black beans. Season with salt and pepper to taste, and serve warm.