



# Southwest Quinoa Salad

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Survive & Thrive  
SYMPOSIUM

Recipe found on: <https://www.centercutcook.com/southwest-quinoa-salad/print/>

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

## INGREDIENTS

- 1 cup quinoa cooked according to package directions (you can cook quinoa in either water or chicken stock to add a little more flavor)
- 14 ounce can black beans, drained and rinsed
- 14 ounce can corn, drained
- 1/2 of a large red bell pepper
- 4 green onions, diced
- 1/4 cup chopped cilantro
- Juice from 2 limes
- 1/3 cup olive oil
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1 teaspoon salt



## DIRECTIONS

1. Cook 1 cup quinoa according to package directions. I like to cook my quinoa in either vegetable stock or chicken stock to add a little flavor. I also like to rinse it before I cook it. To do this, just place the quinoa in a fine mesh strainer and rinse it under water for a few minutes.
2. When the quinoa is done cooking, fluff it with a fork, transfer it to a large bowl, and allow it to cool completely (about 15 minutes).
3. In a small bowl whisk together lime juice, olive oil, ground cumin, black pepper and salt.
4. When the quinoa has cooled, add in black beans, corn, red bell pepper, chopped green onions, and cilantro.
5. Stir in dressing and toss to coat.
6. Cover and refrigerate for at least an hour before serving. Leftovers the next day are even better!
7. Enjoy!

## HOW THESE INGREDIENTS ARE BENEFICIAL

Food	Compound	Anti-Cancer Function
Quinoa	Omega 3 FA	Anti-inflammation
Red Bell Pepper	Lycopene; Beta-Carotene	Antioxidant
Corn	Lutein	Antimutagenic/anticarcinogenic
Onion	Inulin/FOS	Prebiotic
Black Beans	Soluble fibers	Intestinal health