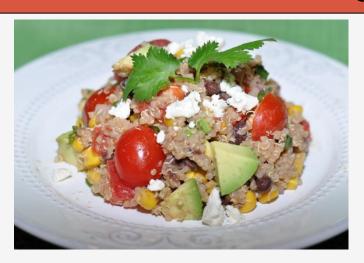


## **Southwest Quinoa Salad**



## **Directions:**

- Cook quinoa according to package. Once cooked, set aside and let it cool completely.
- 2. In a bowl, mix together olive oil, red wine vinegar, honey, mustard, lime juice, chili powder, red pepper flakes and oregano. Combine ingredients well, then place into a sealed container and refrigerate until ready to serve.
- 3. In a large bowl, combine quinoa, corn, grape tomatoes, onion, cilantro and red bell pepper. Mix well. Refrigerate for at least two hours.
- 4. Right before serving, shake dressing vigorously and add to the quinoa mixture. Mix well. Top with feta cheese and avocado.
- 5. Serve and enjoy!

## **Salad Ingredients**

- 1 cup uncooked quinoa
- 15 oz. can corn, drained and rinsed
- 15 oz. can black beans, drained and rinsed
- 1 package of grape tomatoes, halved
- ½ red onion, diced
- ½ cup cilantro, chopped
- 1 avocado, chopped in 1 inch chunks
- 1 red bell pepper, chopped
- ½ cup feta cheese

## **Dressing Ingredients**

- ¼ cup olive oil
- ¼ cup red wine vinegar
- ½ cup honey
- ¾ Tbsp. Dijon mustard
- Juice from 1 lime
- ▶ ½ tsp. chili powder
- ¼ tsp. red pepper flakes
- ¼ tsp. oregano
- Salt and pepper

Yield 12 servings, serving size: 1 serving. Calories: 208. Fat: 8 g. Cholesterol: 1.7 mg. Sodium: 240 g. Carbohydrates: 25 g. Fiber: 4.6 g. Sugar: 8.7 g. Protein: 6.6 g.

\*These facts may vary based on size, amount, and brand use. This information is only a guide.