

Southwest Quinoa Salad



Directions:

1. 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
- ¼ 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.*