

# Southwest Quinoa and Black Bean Salad

1 C dry quinoa, rinsed	½ tsp salt
2 C water	1 15 oz can black beans, rinsed and drained
2 Tbsp olive oil	½ orange bell pepper, seeded and chopped
Juice of 2 limes	3-4 green onions, chopped
1 clove garlic, minced	1 C frozen organic fire roasted corn, thawed
1 tsp cumin	1 C grape tomatoes, halved
1/8 tsp cayenne pepper (optional)	½ C fresh cilantro, chopped

In medium saucepan, bring water to a boil over high heat, add quinoa and cover. Reduce heat to medium low and simmer for 15 minutes or until water is absorbed. Set aside with lid on for 5 minutes. Fluff with a fork and let cool.

Make the dressing: combine olive oil, lime juice, garlic, cumin, cayenne, and salt. Whisk and pour ½ over the warm quinoa. Stir gently to coat and let dressing get absorbed, set remainder aside.

In medium bowl, combine all remaining ingredients. Toss in quinoa and stir until well combined. Add additional dressing to taste. Store covered in the refrigerator for up to 5 days. Serves 6.

