

# SOUTHWEST QUINOA SALAD

Recipe by Chef Yexenia Gomez

Serves: 4-6 people | Prep Time: 10 min | Cooking Time: 15 min

## SUPPLIES

Cutting board	Stirring spoon
1 Knife	1 spatula
1 Small pot with lid	Prep bowls
1 Colander/strainer	1 whisk or fork
Measuring spoons and cups	Can opener

## INGREDIENTS

### QUINOA

- 1 cup of quinoa (white, red, or mixed)
- 2 cups of water
- 1 teaspoon olive oil
- 1/2 tsp salt
- Ground black pepper

### DRESSING

- 3 limes
- 1 tablespoon honey or agave
- 2 garlic cloves
- 1/2 cup olive oil
- Salt and ground pepper

### SALAD

- 1 pint cherry tomatoes
- 1 ripe avocado
- 1/4 cup red onion
- 1/2 cup cilantro
- 1 can black beans
- 1 can corn (or 1 cup frozen corn)
- 1 small red bell pepper
- 1 Jalapeño (optional)



## **DIRECTIONS**

### **STEP 1: COOK THE QUINOA**

1. Measure out quinoa.
2. In a small pot add a teaspoon of olive oil. Add the quinoa.
3. Toast for a minute. Add salt, pepper, and water.
4. Cover with lid, and bring to a boil. Simmer for 15-20 minutes until water has been absorbed. Let it cool.

### **STEP 2: PREP THE SALAD**

1. Dice the red onion, red pepper, and jalapeno, and add to a large mixing bowl.
2. Cut tomatoes in half.
3. Chop the cilantro, and add to the bowl.
4. Drain the black beans and corn, and add to the bowl.

### **STEP 3: MAKE THE SALAD DRESSING**

1. Mince garlic cloves, and add to a small bowl.
2. Add juice of limes.
3. Add honey/agave, salt, and pepper and mix well.
4. Drizzle in olive oil. Whisk well.

### **STEP 4: MAKE THE SALAD**

1. Mix all the ingredients in the salad bowl.
2. Add the dressing and taste.
3. Garnish with extra cilantro.

