

Fiesta-Fresh Quinoa & Roasted Corn Salad

Ingredients:

Quinoa, dried	¾ cup	Lime juice	½ cup
Corn kernels, frozen	½ cup	Dried cumin	1 Tbsp +1 tsp
Tomato, diced	1 large	Olive oil	1 Tbsp +1 tsp
Canned black beans, rinsed	½ cup	Honey	1 Tbsp +1 tsp
Red onion, diced	½ small	Spring mix lettuce or 1 large head of lettuce, torn	10 cups
Fresh cilantro, chopped	¼ cup	Queso fresco cheese	2 Tbsp

Preparation:

Prepare the Quinoa: Bring 1 ¾ cup of water to a boil. Add the dry quinoa. Stir and combine. Return to a boil. Cover. Reduce heat and simmer for 10 minutes or until water is fully absorbed and quinoa is al dente, but completely cooked. Do not stir. Let quinoa sit for 5 minutes. Fluff with a fork.

Prepare the Frozen Corn: Thaw the frozen corn and preheat oven to 425 °F. Toss the corn a drizzle of oil and spread it out on a sheet pan. Roast until kernels have browned, approximately 10 minutes, stirring occasionally.

Prepare the Salad: Combine cooked quinoa, roasted corn, black beans, tomatoes, red onions, cilantro, lime juice, cumin, olive oil, and honey. Toss to coat evenly. Place 3 cups (4 ½ oz) spring mix lettuce on each serving plate. Top with 1-cup quinoa mixture. Sprinkle with 2 tsp queso fresco cheese. Serve immediately.

Makes 4 salads.

Nutrition per serving: 350 calories, 9 g fat (1.5 g sat fat), 60 g carb, 13 g protein, <5 mg cholesterol, 170 mg sodium

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