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a nut-free cooking blog

Fiesta Quinoa Salad

Yield: 4 dinner-sized servings (or 8 side-dish servings)

2 cups quinoa
3 cups water
30 oz. black beans, drained and rinsed
1½ cups grilled corn (cut off the cob)
1 red bell pepper, diced into small pieces
1 yellow or orange bell pepper, diced into small pieces
½ cup red onion, finely diced
1 summer squash, cut into bite-sized pieces
20-30 cherry tomatoes, cut in half
1 jalapeño, finely diced
4 avocados, cut into bite-sized pieces
1 large bunch cilantro, coarsely chopped
1 bunch of scallions, diced
3 tbsp. lime juice
2 tbsp. red wine vinegar
¼ cup extra virgin olive oil (EVOO)
1 tsp. salt
½ tsp. garlic powder



1. Place 3 cups of water in a medium saucepan. Stir in quinoa. Bring to a boil over high heat. Boil for 3 minutes, then place a lid on the saucepan, and turn the stove off, leaving the pan on the hot burner. After 15 minutes, remove the lid and gently fluff the quinoa with a fork. (Note: do not touch the pan or remove the lid for the entire 15 minutes for optimal texture.) Set cooked quinoa aside and allow to cool.
2. Place the black beans, corn, bell peppers, red onion, summer squash, cherry tomatoes, jalapeño, and cilantro into a large mixing bowl. Toss together gently. Mix in the quinoa and gently fold in the avocado.
3. Whisk together the lime juice, vinegar, salt, and garlic powder. Drizzle over the ingredients in the mixing bowl and gently toss to coat.