

Tex-Mex Quinoa Salad

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Medical Center HEALTH

Quinoa (keen-wah), is the only grain that contains all 9 essential amino acids, making it a complete protein. The nutrient profile of quinoa is impressive as it is high not only in protein, but also iron, magnesium, fiber, and omega-3 fatty acids. It cooks up quickly and has a consistency like couscous, but unlike couscous, quinoa is gluten free. Enjoy this salad...you can have it warm, as a full course, side dish or put a scoop on your green salad!

Ingredients:

- 1 ½ c. water with ½ tsp. salt
- ¾ c. rinsed quinoa (some quinoa is prerinsed...check your label!)
- 1 15.5 ounce can of black beans rinsed or 1 ½ cup cooked black beans
- 1 Tbsp. red wine vinegar or cider vinegar
- 1 ½ c. cooked corn (cut from 2 ears of corn or a 15 oz can of corn)
- 1 chopped green pepper
- 2 cups spinach roughly chopped
- 1 cucumber, cubed
- 2 pickled jalapeno chilies minced or 1 fresh jalapeno diced fine (optional)
- 2 avocados, diced with a little lime or lemon juice mixed in to keep from turning brown
- 1 small Spanish onion diced fine
- 2 medium tomatoes diced, or 1 ½ cup cherry tomatoes, or 1 can diced tomatoes drained
- ¼ c. finely chopped cilantro or parsley

Directions:

1. In a saucepan bring water and salt to a boil, add rinsed quinoa, and bring to a boil, then turn down to a low simmer covered for 10 minutes or until all the water is evaporated and quinoa is cooked. Set aside to cool, then fluff with a fork.
2. In a large bowl, mix cooled quinoa with vinegar. Add beans, corn, bell pepper, onion, cucumber, spinach, avocados, tomatoes, jalapeno, and cilantro. Gently mix.
3. In a small bowl mix the dressing ingredients together and drizzle over the quinoa mixture, mix gently.
4. Serve right away or refrigerate. Enjoy!

Yield: 6 servings

Nutrition Facts: 327 cal, 16 gm fat, 40 gm Carbohydrate, 10 gm Protein, 10 gm Fiber and great source of Potassium, Vitamin A and C, and Calcium