

QUINOA CORN SALAD

INGREDIENTS

- 2 C Vegetable broth
- 1 C Quinoa

- 2 C Corn (corn on cob **OR** frozen corn **OR** canned corn)
- 2 C Tomatoes (chopped)
- 1 Serrano pepper (chopped)
- 3/4 C Scallion (green onion) (chopped)

- 3 T Lime juice
- 2 T Extra virgin olive oil
- 1 clove Garlic (minced)
- 1 3/4 t Cumin (ground)
- 1 1/2 C Cilantro (fresh) (stems removed)



DIRECTIONS

- 1 Place vegetable broth in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 Allow quinoa to cool
- 5 Grill corn

VINAIGRETTE

Whisk lime juice, oil, garlic & cumin

DIRECTIONS

- 1 Toss grilled corn, tomatoes, pepper & green onion
- 2 Add the cooled quinoa & mix gently
- 3 Grab a bunch of cilantro & chop it & repeat until all the cilantro is chopped
- 4 Toss salad with dressing & fold in the cilantro

