

Cooking with Chef Kathryn



Southwestern Quinoa Salad

Yields: 6 -8 servings

Ingredients:

- 1 cup quinoa, uncooked rinsed
- 1 $\frac{3}{4}$ cups of water
- 2 organic ripe plum tomatoes, seeded and chopped small
- $\frac{1}{2}$ small red onion, small chopped
- 3 scallions, white and green parts thinly sliced
- $\frac{1}{4}$ cup fresh cilantro, chopped fine, reserve 2 tablespoons for garnish
- 1 cup black beans, cooked
- 2 ears of fresh corn, de-cobbed
- $\frac{1}{2}$ red pepper, small dice
- 1 teaspoon sea salt
- $\frac{1}{4}$ teaspoon fresh ground pepper
- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon coriander

Dressing:

- $\frac{1}{4}$ cup fresh squeezed lemon or lime juice
- $\frac{1}{4}$ cup olive oil

Procedure:

1. Bring 1 $\frac{3}{4}$ cups of water to boil and add quinoa, cover and simmer 15 – 20 minutes. Cool quinoa in large bowl.
2. Prep tomatoes, onion, red pepper, corn, scallions and cilantro.
3. Whisk lemon or lime juice with olive oil and dried herbs.
4. When quinoa is cool, toss with veggies, black beans, fresh cilantro and dressing. Adjust seasonings and garnish with the reserved fresh cilantro.

Cook's notes:

Quinoa (Keen-wah) has the highest nutritional profile and cooks the quickest of all grains. It contains all eight amino acids making it a complete protein. Also, quinoa is very high in B vitamins, iron, zinc, potassium, calcium and vitamin E. It's gluten-free making it easy to digest, strengthening to the kidneys and heart.

Visit Chef Kathryn at: www.thehealthchef.com for recipes and enlightened nutrition info.