

Quinoa/Black Beans and Corn Salad (keen wah)

1 1/2 cups dry quinoa (very important to rinse in fine mesh colander for 5 minutes.

Use hands, then taste a grain to make sure the bitter taste is gone) Or buy it washed.

-add 2 1/4 cups cold water in pot, bring to boil, cover and simmer for 15 to 20 minutes.

Fluff and place in large bowl. Cool completely. I make it the night before and refrigerate.

Toss in small bowl:

1 1/2 cups black beans, drained

1 1/2 cups corn (used frozen)

1 1/2 tbsp. red wine vinegar

Add to quinoa, along with:

1 red bell pepper, chopped

4 scallions, chopped (used green onions)

1 tsp. garlic minced fine

1/4 tsp. cayenne pepper (used 1/8 tsp)

1/4 cup fresh cilantro leaves, chopped a little

Toss with quinoa above.

In small bowl, whisk:

1/3 cup fresh lime juice (about 2 fresh large limes or HEB has lime juice in produce section)

1/2 tsp. salt

1 1/4 tsp. ground cumin

Add 1/3 cup olive oil to bowl in a stream while whisking.

Drizzle over salad and toss well. Refrigerate and bring to room temperature before serving.

Did you know that quinoa is a complete protein and was harvested by southwest Indians over 5,000 years ago?