



Fresh Red Quinoa and Black Bean Salad

Ingredients

1 cup red or combined white quinoa, dry
2 cups water
1-½ cups cooked black beans (one 15 oz can, drained and rinsed)
2/3 cup Trader Joe's Double Roasted Salsa or any of your favorite salsa fresca
2 green onions, thinly sliced
½ cup raw corn, cut off the cob
3 tablespoons cilantro, chopped
2 tablespoons grated Mexican blend cheese

Directions

In a medium pot, add red quinoa and 2 cups of water. Bring to a boil, reduce heat, cover and simmer about 10-15 minutes, until all the water is absorbed. Place the quinoa in a medium bowl, add the salsa, black beans, green onion and corn and gently mix until combined. Place in serving bowls and garnish with additional green onion, cilantro and grated cheese.

Makes four, one-cup servings.

Nutritional Information (per serving)

Calories: 264
Protein: 12 grams
Carbohydrate: 48 grams
Fat: 3 grams
Cholesterol: 0 mg
Fiber: 8.4 grams
Sodium: 192 mg

*Recipe courtesy of
Chef Palma Bellinghieri*