RECIPE

Black bean, corn and quinoa salad

A vegan black bean, corn and quinoa salad for a full lunch, bright with lime and orange, with about 459 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] ¾ cup dry quinoa, rinsed
- [ ] 2 cans (15 oz each) no-salt-added black beans, drained and rinsed
- [ ] 2 cups frozen corn kernels, thawed
- [ ] 1 red bell pepper, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 2 cups baby spinach, chopped
- [ ] ⅓ cup diced red onion
- [ ] 1 jalapeño, seeded and finely diced
- [ ] 1 cup cilantro leaves, chopped
- [ ] 1 cup orange sections, cut in bite-size pieces
- [ ] ¼ cup roasted unsalted sunflower seeds
- [ ] 3 tbsp lime juice
- [ ] 3 tbsp olive oil
- [ ] 1 tsp ground cumin

Method

1. Rinse the quinoa in a fine strainer. Bring it and 1½ cups water to a boil in a small pot, then turn the heat to low and cover. At 5,300 ft water boils near 203 °F, so give it 18 to 20 minutes instead of 15. It is done when the water is gone and each grain shows a tiny white tail.
2. Spread the quinoa on a sheet pan to cool for 15 minutes, fluffing it once with a fork.
3. While it cools, stir the lime juice, salt, cumin, garlic powder and pepper together in a large bowl until the salt melts. Whisk in the olive oil.
4. Tip the warm quinoa into the bowl and toss, so the grain drinks up the dressing.
5. Add the beans, corn, red pepper, tomatoes, onion, jalapeño, orange pieces and cilantro. Fold gently so the beans stay whole.

- [ ] ½ tsp garlic powder
- [ ] ¼ tsp black pepper
- [ ] ¾ tsp salt
- [ ] 1 ½ cups water, for cooking the quinoa

6. Stir in the spinach and sunflower seeds just before you eat, so the leaves stay bright and the seeds stay crisp.

7. Divide among four bowls. Leftovers go in the fridge within 2 hours; keep the spinach and seeds out of the container until you eat. Keeps 3 days in the fridge (our kitchen practice; we hold no published source for it yet).