

Quinoa Salad with Black Beans

Salad

- 1 1/2 cups dry quinoa
- 1/3 cup red onion, finely diced
- 1 can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 3 oz low-fat feta cheese, crumbled
- 1/2 cup fresh cilantro, chopped

Vinaigrette

- 4 Tablespoons olive oil
- 4 limes, squeezed
- 4 Tablespoons water
- 2 cloves garlic, minced
- 2 Tablespoons ground cumin
- 2 teaspoon dried oregano
- 2 teaspoons chili powder
- 1 teaspoon salt

Place quinoa and 3 cups water in a large saucepan and bring to a boil. Reduce heat and simmer. Cover and cook until water is absorbed, about 15 minutes. Remove from heat, let cool and fluff with fork. While quinoa is cooking prepare the vinaigrette by combining all ingredients in a small bowl and whisk until well mixed. In a very large bowl, combine cooled quinoa with remaining salad ingredients. Pour vinaigrette over salad and mix until well combined. Serve as an entree or a side dish with a main course.