

## Quinoa and Black Bean Salad

1 ½ cups quinoa  
1 (15 oz) can black beans, rinsed and drained  
1 ½ tbsp. red wine vinegar  
Salt and freshly ground pepper to taste  
1 ½ cups cooked corn kernels (fresh or frozen)  
1 red bell pepper, seeded and chopped  
4 scallions, chopped  
1 tsp. minced garlic  
¼ tsp. cayenne pepper  
¼ cup fresh cilantro leaves, chopped fine  
1/3 cup fresh lime juice  
½ tsp. salt  
1 ¼ tsp. dried cumin  
1/3 cup olive oil

Rinse the quinoa in a fine sieve under cold running water until the water runs clear. Put the quinoa in a pot with 2 ¼ cups water. Bring to a boil, then cover and simmer for 20 minutes or until the water is absorbed and the quinoa is tender. Fluff the quinoa with a fork and transfer to a large bowl to cool.

While the quinoa is cooking, in a small bowl toss the beans with the vinegar and salt and pepper to taste.

Combine the beans, corn, bell pepper, scallions, garlic, cayenne and cilantro with the cooled quinoa. Toss well.

In a small bowl whisk together the lime juice, salt and cumin. Slowly pour in the oil while whisking. Drizzle the dressing over the salad and toss well.

Note: The salad may be made a day ahead and refrigerated, covered. Bring it to room temperature before serving.

Makes 6 main dish servings.

Per serving: 360 calories, 13 g total fat (2 g saturated fat), 47 g carbohydrate, 11 g protein, 7 g dietary fiber, 260 mg sodium.

With research suggesting a link between increased whole grain consumption and a lower risk of heart disease, diabetes and cancer, experts continue to encourage Americans to eat more whole grains. But don't limit yourself to brown rice and whole-wheat pasta, exploring other whole-grain products is a great way to get more variety into your diet. Quinoa (keen-wah), which has a mild, nutty flavor and higher protein content than other whole grains, is a tasty alternative.

From the American Institute of Cancer Research found in The Saint Albans Messenger, July 28, 2009