



## Black Bean, Corn & Quinoa Salad

2 servings

25 minutes

### Ingredients

- 1/2 cup Quinoa (dry)
- 2/3 cup Frozen Corn
- 1 cup Black Beans (cooked and rinsed)
- 1 Red Bell Pepper (diced)
- 1/4 cup Red Onion (finely chopped)
- 3 tbsps Lime Juice
- 1 Garlic (clove, minced)
- 1/2 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Cumin

### Directions

- 1 Cook the quinoa according to package directions. Let the quinoa cool slightly.
- 2 Cook the corn according to package directions. Drain and rinse under cold water to cool.
- 3 Combine the lime juice, garlic, salt, chili, and cumin in a large mixing bowl. Add the black beans, red pepper, red onion, quinoa, and corn to the bowl and stir to combine. Season with additional lime juice and salt if needed. Divided between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Use taco seasoning or add other dried herbs and spices.

**Additional Toppings:** Avocado, cilantro, green onion, tomatoes, salsa.

**More Fat:** Add avocado oil.

**More Protein:** Serve with tofu, tempeh, cooked chicken, or cooked shrimp on top.