

RECIPE

Quinoa, Black Bean, & Corn Salad



Created by Leah Grace Barack, M.S.

Grace Functional Nutrition

www.gracefunctionalnutrition.com

@gracefunctionalnutrition

Ingredients

- 1 cup quinoa, thoroughly rinsed and cooked according to package directions
- 1-16 oz can black beans, rinsed
- 4 ears of corn, shucked
- 1 bunch cilantro, chopped
- ½ cup red onion, diced
- ¼ cup extra virgin olive oil
- 3 limes, juiced
- 2 tsp cumin
- 1 tsp paprika
- ¼ tsp salt (more to taste)
- ⅛ tsp black pepper

Preparation

1. Bring a large pot of water to boil, add shucked corn, and cook for 7-9 minutes until corn is cooked.
2. Remove corn from water and let cool. Once cool cut corn kernels off the cob.
3. Combine corn, quinoa, black beans, chopped cilantro, and diced red onion in a large bowl.
4. In a separate small bowl, combine dressing ingredients: olive oil, lime juice, cumin, paprika, salt, and pepper, and stir to combine.
5. Pour dressing over the quinoa mixture, and stir thoroughly to combine so the dressing is coating the whole salad. Taste and add more salt as needed.