

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Black Bean Salad with Corn, Quinoa & Cilantro

Vibrant colors, Southwestern flavors, protein-rich, gluten-free and vegan. Feel free to use other grains and/or vegetables. Crumbled soft goat cheese adds a creamy contrast to all the crunchy vegetables. Never soggy, always sturdy Black Bean Salad makes great leftovers and holds up well for picnics and lunch boxes. Should you have already cooked quinoa or another grain in the fridge, Black Bean Salad takes only minutes to prepare.

Makes about 12 cups

Active time: 30 minutes

Total time: 45 minutes including cooking the quinoa

Quinoa

1 cup quinoa, rinsed and drained

Large pinch of salt

Salad ingredients

1 25-ounce can black beans, rinsed, drained (or two 15-ounce cans)

1 15-ounce can organic corn, drained

3 ½ cups grated carrots (approx 4 large carrots)

1 cup jicama ½-inch matchsticks

1 avocado, diced

½ cup thinly sliced scallions

¾ cup coarsely chopped cilantro

¾ cup medium or hot [Green Mountain Gringo Salsa](#) or your favorite salsa

1 red bell pepper, roasted and diced

½ cup crumbled goat cheese (optional)

Season generously with salt and freshly ground pepper to taste

Dressing

1 ½ tablespoons fresh lime or lemon juice

1 ½ tablespoons red wine vinegar

1 ½ tablespoons balsamic vinegar

4 ½ tablespoons extra virgin olive oil

1. Combine the quinoa, large pinch of salt and 2 cups of water in a medium saucepan. Bring to a boil over high heat. Reduce the heat to low and cover the pan. Cook the quinoa for 17 minutes. Turn off the heat. Let the pan sit, covered, for 5 minutes. Remove the cover and spread the quinoa out on a sheet pan to cool. You can put the pan in the fridge or freezer for faster cooling.
2. Place all the salad ingredients in a large bowl. Toss to combine.
3. Stir in the quinoa when cooled.
4. Prepare the dressing and toss with the salad. Adjust the salt and pepper to taste.