Quinoa, Black Bean and Corn Salad

Serves 4

Dressing:
3 tablespoons fresh lemon juice
2 tablespoons olive oil
2 tablespoons fresh cilantro or parsley, chopped
2 stalks scallions, chopped
1 teaspoon minced garlic
1 teaspoon cumin

Salad:
¼ cup quinoa (rinsed under water) or bulgur
½ cup chicken or vegetable broth
1 can black beans, drained and rinsed
1 tomato, seeded and diced
1 cup fresh or frozen corn (use three ears if fresh corn)

1) Cook quinoa or bulgur in broth for 12-15 minutes, until liquid is absorbed.
2) While grain cooks, mix dressing ingredients in a large bowl.
3) Add drained and rinsed beans, tomato and corn.
4) Cool grain to room temperature, then mix with other ingredients; chill until ready to eat.

From: www.wholegrainscouncil.org

Nutritional Information:
Calories: 274
Total Fat: 8.5g
Saturated Fat: 1g
Dietary Fiber: 10g
Protein: 11g

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