



Southwestern Quinoa Salad

Jacob · 30/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

1 hr 25 mins

Description

A healthy Southwestern quinoa salad with lots of fresh flavor

Ingredients

- - 1 cup quinoa - 1 tablespoon butter - 2 cups chicken broth - ½ cup diced green bell pepper - ½ cup diced red onion - 1 cup corn - 1 (15 ounce) can black beans
- drained - ¼ cup chopped cilantro - 1 large tomato
- diced - ½ cup fresh lime juice
- or to taste - 2 tablespoons red wine vinegar - 2 tablespoons olive oil - 1 tablespoon adobo seasoning - ½ cup feta cheese - salt and black pepper to taste

Instructions

1. Rinse quinoa thoroughly under cold water; drain. Melt butter in a large saucepan over medium heat. Cook and stir quinoa until water evaporates and quinoa is lightly toasted
2. about 3 minutes. Pour in chicken broth and bring to a boil. Reduce heat to low and simmer until quinoa has absorbed broth
3. about 10 minutes. Cool quinoa in the refrigerator for at least 10 minutes. Mix together green bell pepper
4. red onion
5. corn
6. black beans
7. cilantro
8. tomato
9. lime juice
10. red wine vinegar
11. olive oil
12. adobo seasoning
13. and feta cheese in a large salad bowl. Lightly stir in quinoa; season with salt
14. pepper
15. and additional lime juice to taste. Chill salad at least 30 minutes before serving; serve cold.