

## Black Bean Corn and Quinoa Salad

Jacob · 28/09/2024



### Prep Time

5 mins

### Difficult

Medium

### Servings

40 mins

### Description

This is a wonderful Southwestern style salad that is quick and easy to make

### Ingredients

- - 2 cups chicken broth - 1 cup uncooked quinoa - 1 cup frozen corn - 1 tablespoon lime juice - 1 teaspoon red wine vinegar - lime
- zested - ½ teaspoon ground cumin - 2 tablespoons avocado oil - 1 (15 ounce) can black beans
- drained - 1 small red bell pepper
- seeded and chopped - 1 small red onion
- chopped - ¼ cup chopped fresh cilantro - salt and ground black pepper to taste

### Instructions

1. Bring chicken broth to a boil in a 2-quart saucepan. Stir in quinoa. Reduce heat to low; simmer
2. covered
3. until broth is absorbed
4. 15 to 20 minutes. Remove from heat; stir in corn. Cover and let stand until corn is warmed through
5. about 5 minutes. Whisk lime juice
6. red wine vinegar
7. lime zest
8. and cumin together in a large bowl. Whisk in avocado oil. Add black beans
9. red bell pepper
10. red onion
11. and cilantro. Season with salt and pepper. Stir in quinoa and corn. Cook's Note If you want to add more color
12. try using a combination of white and red quinoa. For added flavor
13. you can use frozen roasted corn (such as Trader Joe's).