



## Warm Quinoa Salad

Jacob · 28/09/2024



### Prep Time

40 mins

### Difficult

Medium

### Servings

4

### Description

This super wholesome warm quinoa recipe is jampacked with nutrients and high in protein and iron

### Ingredients

- - ¼ cup extra-virgin olive oil - 1 tablespoon lime juice - ½ teaspoon kosher salt - ½ teaspoon ground black pepper - ½ teaspoon ground cumin - 1 ½ cups water - 1 cup dry quinoa (such as Quinta®) - ½ teaspoon kosher salt - 1 (15 ounce) can black beans
- drained and rinsed - 1 (15 ounce) can yellow corn kernels
- drained and rinsed - ½ cup finely chopped red bell pepper - ½ cup finely chopped red onion - ½ cup finely chopped fresh cilantro

### Instructions

1. Make dressing: Whisk together olive oil
2. lime juice
3. salt
4. pepper
5. and cumin in a large serving bowl until combined. Make salad: Bring water
6. quinoa
7. and salt to a boil in a saucepan. Reduce heat to medium-low
8. cover
9. and simmer until quinoa is tender
10. 15 to 20 minutes. Transfer cooked quinoa into the serving bowl with dressing. Add beans
11. corn
12. bell pepper
13. onion
14. and cilantro. Mix with a large spoon or wide spatula until combined.