

Fiesta Quinoa Salad



Prep: 30 minutes

Cook: 20 minutes

Serves: 6

Chef Suzanne Landry

- 1 cup quinoa uncooked
- 1/4 teaspoon salt
- 1 medium tomato (about 1 cup cubed)
- 1 stalk celery chopped, see instructions below (about 1/2 cup)
- 1/2 cucumber peeled and chopped (about 1/2 cup)
- 4 scallions diced (about 1/2 cup) use both white and green parts
- 1/2 cup fresh cleaned and chopped cilantro
- 1/2 cup fresh or frozen corn blanched
- 1/2 cup cooked black beans rinsed and drained
- 1/4 cup black olives rinsed, pitted and diced (Kalamata are the best!)



Dressing

- 1/4 cup olive oil
- 1 teaspoon hot red pepper flakes (or more to taste)
- 2 tablespoons red wine vinegar or 1/4 cup fresh lemon juice
- 1/2 teaspoon salt

1. Boil 2 cups water and add salt. Thoroughly rinse and drain quinoa in strainer. Place in boiling water, cover, and reduce heat to medium-low. Cook for 20 minutes or until grain is fluffed and water is absorbed. Remove quinoa from pot into a large bowl; allow to cool before adding vegetables.
2. To cut tomatoes into cubes, slice tomatoes into 1/2-inch slices and remove most of the seeds. Then cut tomatoes into sticks and crosswise into 1/2 inch cubes. This will give you evenly sized tomato pieces that won't get mushy if the salad isn't eaten right away.
3. Cut celery by slicing down the rib in the center of the stalk. If the stalk is large you might want to cut it in thirds. Then cut crosswise into 1/2 inch pieces.
4. Slice cucumber lengthwise into 4 strips and then remove center seeds. Chop these strips into 1/2 inch pieces.
5. Remove root ends of scallions and cross chop into 1/4 inch pieces.
6. Toss cooled quinoa with all prepared vegetables, beans, and olives.
7. Mix vinegar, oil, hot pepper flakes, and salt together in a bowl. Toss lightly with salad.
8. Refrigerate for an hour before serving. This will last 5 days in the refrigerator.

Chef's Notes: Absolutely one of the most loved salads by my clients, students, family, and friends!

I use leftover salad in my scrambled eggs! Just before the eggs set hard, I add 1/4 cup or so of this salad and stir until eggs set. Top with shredded cheese too!