

Sweet Corn and Quinoa Salad

INGREDIENTS

- 1 cup uncooked quinoa, rinsed thoroughly
- 2 cups (about 2 cans) low-sodium canned corn, drained and rinsed
- 1 green bell pepper, diced
- ¼ cup olive oil
- 3 tablespoons lime juice
- ½ cup finely diced red onion
- ¼ cup cilantro, chopped
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon smoked paprika

5 SERVINGS

1 HOUR



Adapted from:
therecip cookbook.com



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PROCEDURE

1. Rinse quinoa and put it in a medium pot with 2 cups water. Bring to a boil.
2. Cover, turn heat to low, and cook 15 minutes until water is gone. Fluff with a fork and let cool.
3. While quinoa cooks, heat a large pan over medium-high. Add 2 cups corn and cook 5-7 minutes until lightly browned, stirring occasionally.
4. In a small bowl, mix olive oil, lime juice, salt, black pepper, and smoked paprika.
5. In a large bowl, combine quinoa, corn, diced red onion, green bell pepper, and chopped cilantro.
6. Pour dressing over salad and stir gently.
7. Let sit 10 minutes, then chill at least 30 minutes. Serve cold.

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