



Confetti Quinoa



Serves 8. A colorful, filling main or side dish. This recipe is excellent for introducing guests to quinoa.

Ingredients

1 cup uncooked quinoa
1 teaspoon ground cumin
2 15oz cans drained and rinsed black beans
1 ½ cups frozen corn, cooked
1 cup diced red pepper
¼ cup finely chopped fresh Italian parsley
¼ cup very finely diced red onion (optional)
1 Tablespoon Olive Oil
3 Tablespoon fresh lemon or lime juice

Directions

1. Rinse quinoa in strainer, drain.
2. In a medium saucepan, combine cumin in 2 cups of water. Add quinoa and bring to boil.
3. Reduce to simmer, cover and cook until all water is absorbed, 15 – 20 minutes. Fluff with a fork and put quinoa into a bowl.
4. Add beans, corn, bell peppers, parsley (and onion) to the quinoa.
5. Stir in oil and enough lemon or lime juice to give it a zesty edge.
6. Serve warm or at room temperature.

Recipe adapted from *Vegetarian Cooking* with Jeanie Burke, R.D.

Per serving: 200 calories, 10g protein, 37g carbohydrates, 8g fiber, 4g fat, 0 cholesterol, 117mg sodium