

TWO SPARROWS farm



PERUVIAN QUINOA and vegetable salad

Ingredients

- 1 cup quinoa
- 1 1/2 cups boiling water
- 3/4 tsp. salt, divided
- 1/4 cup vegetable oil + 1 tbs. salt
- 3 tbs. lime juice
- 1/2 large onion finely chopped
- 3 or 4 minced garlic cloves
- 1 medium sized sweet pepper (red, orange or yellow)
- 1 medium cucumber
- 2 finely chopped Roma tomatoes
- 1 can rinsed, drained black beans
- 1/3 cup chopped fresh cilantro
- 1 ear fresh corn kernels
- 2 tsp. ground cumin

Preparation: 20 min

Cooking: 30 min

Ready in: 50 min

Directions

1. Prepare your quinoa according to its package directions.
2. Wash and dice your vegetables while the quinoa cooks.
3. Prepare the dressing by mixing 1/4 cup oil, lime juice and salt in a small bowl.
4. Pour half of the dressing on the cooked quinoa. Then stir it in and place in your refrigerator to chill.
5. Heat a skillet with the remaining oil. Add onions (cook 2 minutes), then add garlic, sweet peppers, corn, and seasonings. Cook an additional 3 minutes.
6. Stir your cooked vegetables into your refrigerated quinoa, add & stir in the remaining ingredients. Adjust salt and lime juice to taste. Serve immediately or chill.

This recipe is adapted from the cookbook, *Moosewood Restaurant Favorites*.