

Quinoa Salad

20 Servings



Ingredients

Salad

2 cups cooked quinoa
2-15 ounce cans of beans
(any type of bean)
1 (14 ounce) can corn
½ cup red onion, chopped
1 bell pepper, chopped
1 cup cooked brown basmati
rice
¼ cup fresh cilantro,
chopped (optional)

Dressing

¼ cup olive oil
⅓ cup red wine vinegar
1 tbsp chili powder
2 cloves garlic, minced
½ tsp salt
½ tsp black pepper
¼ tsp cayenne pepper

Directions

1. Cook quinoa and brown rice according to package directions - set aside to cool slightly.
2. In a large bowl, mix quinoa, beans, corn, red onion, brown rice, bell pepper, and cilantro (optional).
3. In a small bowl, whisk oil, vinegar, garlic and spices together to make dressing.
4. Pour dressing over salad and mix to coat evenly.

Did you know?

Beans are high in protein and fibre, to help keep students fuller longer.

Different types of canned beans:

- Bean medley/mix
- Kidney beans
- Pinto beans
- Chickpeas
- Romano beans
- Black beans
- Black eyed beans
- Fava beans
- Navy beans

Thank you to our 2018 workshop participants for testing this recipe!