BetterBody Foods

Southwest Quinoa Salad

Prep: 20 min Cook: 15 min Total: 35 min Servings: 2

Calories: 251 Fat: 7g Protein: 9g Carbs: 34g Fiber: 9g

Ingredients

- 2 cups water
- 1 cup quinoa
- 1/3 cup avocado oil
- 2 limes, juiced
- 2 tsp ground cumin
- 1 tsp salt
- 1/2 tsp red pepper flakes
- 1 1/2 cups halved cherry tomatoes
- 1 15oz can black beans, drained and rinsed
- 5 green onions, finely chopped
- 1/4 cup chopped fresh cilantro
- 1 yellow pepper, diced
- 1 Avocado, diced
- 1/2 cup diced red onion
- 3/4 cup corn
- salt and ground black pepper to taste

Directions

1. Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Meanwhile, whisk avocado oil, lime juice, cumin, salt, and red pepper flakes together in a small bowl.
3. Combine quinoa, tomatoes, black beans, corn, avocado, red onion, yellow peppers, cilantro and green onions in a large bowl. Pour dressing over quinoa mixture; toss to coat and season with salt and black pepper.
4. Serve immediately or chill in the refrigerator.
5. Enjoy your Quinoa Southwest Salad!