

Southwest Quinoa Salad (Can be served Hot or Cold)

- 1 ½ cups water
 - 1 cup quinoa
 - ½ red bell peppers or ½ yellow bell pepper, seeded and chopped
 - 1 small jalapeno, seeded and diced finely (optional)
 - 1 small red onions or 2 green onions, chopped fine
 - 6 grape tomatoes, halved
 - 1 (15 ounce) can Black beans (rinsed and drained)
 - ½ teaspoon cumin
 - ¼ cup fresh cilantro, chopped
 - ½ cup salsa
 - 1 tablespoon canola oil
 - 1 lime, juice of
 - fresh ground black pepper
 - sea salt
1. Heat the water to boiling in a 2-quart saucepan and add the quinoa. Lower the heat to medium-low and cover. Cook until the liquid is absorbed, 15 to 20 minutes. Remove from the heat and cool.
 2. When the quinoa has cooled, add the remaining ingredients. Taste and adjust the seasonings if necessary. You can serve it right away, but it's better to let the flavors marry in the refrigerator for a few hours.

Serving Size: ½ cup Calories: 369, Fat: 7g, Sodium 204 mg, Protein 16 G