

## Quinoa Salad with Lime Dressing



### ***Ingredients***

|         |  |
|---------|--|
| 3 cups  | quinoa                                 |
| 4½ cups | water                                  |
| 1 ½ cup | corn kernels (fresh, canned or frozen) |
| ¾ cup   | diced sweet red pepper                 |
| 1/3 cup | finely chopped green onion             |
| ¼ cup   | finely chopped cilantro                |
| ¾ cup   | lime juice                             |
| ¾ cup   | olive oil                              |

### ***Directions***

- Bring water to boil, add quinoa, cover, lower heat and simmer for 15 to 20 minutes or until water is absorbed. Let cool.
- In bowl, combine quinoa, cucumber, corn, red pepper, green onion, and cilantro.
- In small bowl combine lime juice, olive oil. Pour over quinoa mixture and toss gently with fork. Adjust seasoning. Refrigerate for 1 to 3 hours before serving to let flavors blend.

Makes 3 quarts (12 cups)

Nutrition: Serving Size 1/3 cup, Calories = 106, Carbs = 16