

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Corn and Black Bean Quinoa Salad

From [www.closetcooking.com](http://www.closetcooking.com)

4 servings

1 cup red quinoa (or regular)  
2 cups water  
1 cup black beans (rinsed and drained if from a can)  
1 ear corn (grilled, steamed or raw with kernels cut from cob)  
½ red pepper (sliced)  
1 jalapeno pepper (sliced)  
1 green onion (sliced)  
¼ cup cilantro (chopped)  
1 tablespoon oil  
Juice of 1 lime  
1 chipotle in adobo sauce (chopped)  
1 teaspoon cumin  
salt and pepper to taste

1. Simmer the quinoa in the water until the water is absorbed, about 20 minutes.
2. Mix the quinoa, black beans, corn, red pepper, jalapeno, green onion, and cilantro in a large bowl.
3. Mix the oil, lime juice, chipotle in adobo sauce, cumin, salt and pepper in small bowl.
4. Toss the salad in the dressing.