

# Southwest Quinoa Salad

By Chef Ali



## INGREDIENTS:

- 2/3 cup quinoa, dry
- 1 1/3 cups water
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 red onion, diced
- 1 cup can corn
- 1 can black beans, rinsed & drained
- 1 can chickpeas, rinsed & drained
- 1 1/2 cups frozen edamame
- 2 Roma tomatoes, diced
- 1 avocado, diced
- \*optional: cilantro, chopped, garnish,

### Vinaigrette Dressing

- 1/4 cup olive oil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. lime juice from lime
- 1 tsp. ground cumin
- 1/2 tsp. chili powder, to taste
- 1/2 tsp. honey
- salt & pepper to taste

## DIRECTIONS:

### Vinaigrette Dressing

1. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, ground cumin, chili powder, honey, salt, and pepper. Chill for 15 minutes.

### Salad

1. Bring a pot of water to a boil. Add edamame and cook for 3-5 minutes. Drain and set aside.
2. Wash quinoa in a bowl or fine sieve. Drain water.
3. Fill a pot with water and add quinoa. Bring to a boil. Put on low heat and cover for 15 minutes.
4. Remove from heat and let stand for 10 minutes or until water is absorbed.
5. Fluff with a fork and transfer to a bowl. Place in the fridge until cool.
6. Mix all diced veggies, corn, black beans, avocado, and quinoa. Garnish with cilantro.

# MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



8 oz. red quinoa



1 x 15.5 oz. can corn



1 green pepper



1 x 15.5 oz. can black beans



1 green pepper



1 x 15.5 oz. can garbanzo beans



1 red onion



12 oz. frozen edamame



2 tomatoes



1 avocado



1 lime

## Seasonings and more:

- chili powder
- cumin
- honey
- ground coriander
- olive oil
- red wine vinegar

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*Healthy Options.*  
Cooking at Home

Grocery cost: \$13.59

Recipe cost: \$13.30

Cost per meal: \$2.22

\*prices found at Wegmans as of August 2023