

Recipe of the Month



Fiesta Quinoa Salad



Ingredients

1 cup quinoa
2 cups vegetable broth
2 ears corn, roasted and cut off cob
1 red bell pepper, roasted and chopped
1 15-ounce can black beans, rinsed and drained
3 scallions, sliced

½ cup chopped cilantro
juice of 3 limes
2 tablespoons extra virgin olive oil
1 teaspoon ground cumin
½ teaspoon salt
¼ teaspoon fresh ground black pepper
⅛ teaspoon cayenne pepper

Directions

- 1) Put quinoa and broth in a medium saucepan. Bring to a boil, cover and simmer for 15 minutes or until tender.
- 2) In a large bowl, mix together quinoa, corn, pepper, beans, scallions and cilantro.
- 3) In a small bowl, whisk together lime juice, olive oil and seasonings. Pour over quinoa mixture. Cover and chill for at least 30 minutes to let flavors set.



Benefits of Eating Whole Grains

Whole grains have many health benefits. Adding whole grains into your diet can reduce the risk of stroke, type 2 diabetes, and heart disease. Eating whole grains can also help with weight maintenance and helps decrease inflammation in the body.