



## Quinoa & Corn Salad



6 servings

**Ingredients:**

- 1/2 Cup quinoa
- 1 Cup water
- 1 Cup white corn
- 2 Cup scallions, chopped
- 1/2 Cup tomatoes, chopped
- 1/2 Cup green bell pepper, chopped
- 1 Can black beans, drained and rinsed
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 1 Clove garlic, minced
- 2 Tbsp. cilantro, chopped.

**Preparation:**

Soak quinoa for 5 minutes, then drain. Bring water to boil and add quinoa. Cook until all of the water is absorbed. Let cool. Mix the remaining ingredients in a bowl.

**Nutritional information. per serving:**

Calories 170,  
Fat 6 gm,  
Fiber 4 gm  
Cholesterol 0 mg  
Sodium 230 mg.

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

Rev.01/2010



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