

Idiot's Kitchen Recipe – Southwestern Quinoa

Recipe from www.idiotskitchen.com – Adapted from Sarah Carmack



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 teaspoon ground cumin
- 1 Tablespoon olive oil
- 1 medium red onion, thinly sliced
- 1 cup corn – frozen is fine
- 1 (15 oz.) can black beans, drained & rinsed
- 1 red bell pepper, chopped
- 1 medium zucchini, quartered & chopped
- 1 cup cherry tomatoes, halved
- ¼ cup cilantro, chopped
- ½ lemon, juiced
- 1 lime, juiced (lemon & lime juice combined should equal 1/3 cup)
- ½ teaspoon chipotle chili powder, or more to taste
- 1/3 cup olive oil
- Salt & Pepper

Rinse 1 cup of quinoa to remove any bitter taste. Bring the quinoa, 2 cups of water, and 1 teaspoon cumin to a boil in a medium sauce pan. Reduce the heat to low and simmer until all of the water has been absorbed, about 15 minutes.

While the quinoa cooks, prepare the vegetables. Thinly slice 1 medium red onion. Heat 1 Tablespoon of olive oil in a pan over medium heat. Cook the onion, stirring frequently until tender, caramelized and golden brown. Add 1 cup of frozen corn to a separate dry skillet over medium heat. Cook the corn until golden brown and nutty smelling, about 5 minutes.

When the onions and corn are golden brown, add them to a large bowl with 1 chopped red bell pepper and 1 medium chopped zucchini. Add 1 (15 oz) can of drained & rinsed black beans. When the quinoa has cooked and absorbed all of its water, fluff it up with a fork and add it to the bowl of vegetables.

Make a quick dressing by combining the juice of ½ lemon and 1 lime to equal 1/3 cup of juice. Season with ½ teaspoon chipotle chili powder and salt & pepper to taste. Whisk in 1/3 cup of good olive oil. Pour the dressing over the quinoa and toss to combine all of the ingredients. Taste and adjust the seasonings, salt and pepper.

Finely chop ¼ cup of fresh cilantro (or parsley) and cut 1 cup of cherry tomatoes in half. Toss the tomatoes and cilantro with the quinoa. Serve warm or cold, as a salad, side dish, or vegetarian meal.

Makes 6 servings. Great leftover and perfect for picnics.