



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Mexican Salad with Jalapeño Vinaigrette

Serves 6

Ingredients:

- 1 cup uncooked quinoa
- 2 cups vegetable broth
- ½ large red bell pepper, diced
- ½ large green bell pepper, diced
- 12 oz frozen corn, thawed
- 1 can (15 oz) black beans, rinsed and drained
- ½ red onion, diced
- 1 avocado, pit and seed removed, diced

- 2 Tbsp. apple cider vinegar
- 2 Tbsp. olive oil (or vegetable oil)
- 3 Tbsp. honey
- 2 Tbsp. fresh lime juice
- 2 Tbsp. diced fresh jalapeños
- ½ tsp. honey mustard
- 1 tsp. garlic powder
- ¼ tsp. sea salt
- ¼ tsp. black pepper

Directions:

1. Rinse the quinoa. Then place the quinoa and broth in a medium saucepan, bring to boil then cover and cook for 15 minutes or until done. Let rest with top on for about 5 minutes.
2. In a large mixing bowl combine the peppers, onion, black beans, corn, and avocado - toss gently until mixed and set aside.
3. In a small food processor combine the cider vinegar, oil, honey, lime juice, jalapeño, honey mustard, garlic powder, salt, and pepper. Blend until smooth.
4. Once the quinoa has cooled add it to the mixing bowl with the veggies and stir in the dressing.
5. Chill and serve.