

# Mexican Corn Quinoa Salad

This makes a big batch. This recipe is on the milder side because I made it for a large crowd and wanted to make sure it had broad appeal. Spice things up even more with additional cayenne pepper or chili powder.

<b>Course</b>	Side Dish
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	10 minutes
<b>Total Time</b>	25 minutes
<b>Servings</b>	20 as part of a buffet
<b>Calories</b>	120 kcal

## Ingredients

- 2 teaspoons olive oil
- 3 cups corn
- 2 cloves garlic minced
- 4 cups cooked quinoa
- 2 1/2 cups cherry tomatoes halved
- 1 1/2 cups cooked black beans
- 1 cup cojita cheese feta or romano cheese would also work, crumbled
- 3 tablespoons fresh cilantro minced
- 3 tablespoons scallions minced
- 2 limes juiced
- 1 1/2 teaspoon chili powder
- a few dashes of cayenne pepper
- 2 tablespoons extra virgin olive oil
- sea salt to taste
- fresh ground pepper to taste

## Instructions

1. Heat olive oil in a large skillet. Saute corn and garlic until corn has some brown spots (that's the caramelization that makes the corn even sweeter). Transfer to a large bowl and toss in the rest of the ingredients. Season to your liking with additional chili powder, cayenne pepper, salt and pepper.

## Recipe Notes

Cut recipe in half for a smaller group.

# Nutrition Facts

Mexican Corn Quinoa Salad

## Amount Per Serving

**Calories** 120                      Calories from Fat 36

## % Daily Value\*

<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Potassium</b> 211mg	<b>6%</b>
<b>Total Carbohydrates</b> 16g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A	4.9%
Vitamin C	9.8%
Calcium	5.4%
Iron	6.4%

\* Percent Daily Values are based on a 2000 calorie diet.