

Jazz in the Kitchen

Southwestern Quinoa Salad with Chipotle Vinaigrette

Ingredients:

For Salad:

1 cup quinoa
1 can sweet corn
1 can black beans
1 package small roma or cherry tomatoes
1/3 of a red onion, diced
roughly 1/3 cup cilantro
avocado

For Vinaigrette:

2 teaspoons finely minced canned chipotle peppers
1/2 cup olive oil, (can be reduced slightly)
1/2 cup apple cider vinegar (or red wine vinegar)
1/4-1/3 cup agave nectar or honey
1 1/3 tablespoons Dijon mustard
2 tablespoons lime juice
1/2 teaspoon garlic powder
1/4 teaspoon paprika

Directions:

1. Rinse quinoa and cook according to package instructions. Set aside and let cool completely.
2. Prep salad fillings (except avocado, as it will brown if sliced too early). Drain and rinse corn and black beans. Rinse and half tomatoes. Dice red onion, refrigerate extra. Chop cilantro. Use more or less cilantro depending on your preference.
3. Make salad dressing. Remove membranes and seeds from chipotle chile, and mince as finely as possible. Place in bowl with all other ingredients, and whisk until fully combined. Taste to make sure seasonings don't need adjusting. Pour into salad dressing container or jam jar with lid. Shake vigorously before pouring as chiles and spices will settle.
4. When quinoa is cool, add all other ingredients and toss to combine. Chill until ready to serve. Chop an avocado right before serving (toss with salad if you expect all to be consumed, otherwise place directly on plates or as an option on the table, as they will brown if refrigerated with leftovers). Serve with the vinaigrette. Enjoy!