Bean-Quinoa-Corn Salad

**Quinoa-Corn mixture**
Quinoa (pronounced "kee-noa") is a protein-packed grain and cooks up into delicate spirals.

1 cup quinoa, well rinsed  
½ cup cooked fresh or frozen corn kernels  
Juice of one lemon (about 3 tablespoons)  
2-3 scallions, minced  
1 tablespoon olive oil  
Salt and ground pepper to taste

**Bean mixture**
1 ½ cups cooked or canned pinto or kidney beans  
1 cup finely diced ripe tomatoes  
1 tablespoon balsamic or cider vinegar  
¼ cup chopped fresh parsley  
salt and freshly ground pepper to taste

To make quinoa-corn mixture, bring 2 cups water to a boil in a small, heavy saucepan. Add quinoa and simmer gently, covered for 15 minutes. Fluff with a fork, then let cool to room temperature. Transfer to a mixing bowl and combine with remaining ingredients. To make the bean salad, in a separate bowl, combine all ingredients and toss together. To assemble, transfer quinoa-corn mixture onto center of plate. Make a well in center about 5 inches in diameter. Mound bean salad in the well.

Makes 6 servings