

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

Bean mixture

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

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