

Mexican Quinoa Salad

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/best-mexican-quinoa-salad-recipe>

Ingredients:

- 1 cup quinoa uncooked, well rinsed
- 1/2 teaspoon salt
- 2 cups water
- 1/3 cup diced red onion
- 2 tablespoons lime juice
- 15 ounces black beans drained and rinsed
- 1 cup frozen corn
- 1 cup fresh corn
- 3 medium tomatoes seeded and cut into chunks
- 5 ounces queso fresco Queso Panela, fresh Mozzarella or other mild farmer's cheese, cut into 1/4-inch to 1/2-inch cubes
- 1 jalapeño seeded and finely chopped
- 1/4 cup chopped cilantro including tender stems, packed
- 3 tablespoons olive oil

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 20 milligrams
4. Fat: 17 grams
5. Fiber: 11 grams
6. Protein: 15 grams
7. SaturatedFat: 5 grams
8. Sodium: 670 milligrams
9. Sugar: 5 grams

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