

Grilled Corn and Quinoa Salad

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 5 ears corn husks on but silks removed
- 4 green onions roots and tops trimmed
- 2 cups quinoa well rinsed
- 3 1/4 cups water
- salt
- 4 plum tomatoes cored, seeded, and diced
- 1 cup cilantro leaves lightly packed, and tender stems, chopped
- 3 limes about 1/4 cup
- 2 tablespoons olive oil
- black pepper

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 69 grams
3. Fat: 12 grams
4. Fiber: 10 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 220 milligrams
8. Sugar: 4 grams

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