



## **Latin Quinoa Salad**

Yield: About 10, half-cup servings

### **Ingredients:**

- 1 cup Quinoa
- 1 Tbsp. chipotle in adobo sauce (use sauce only, add chipotle for more heat)
- 2 cup water
- 1/8 cup lime juice, freshly squeezed
- 1/3 cup extra virgin olive oil
- 1 Tbsp. sugar (adjust to taste)
- 1 bunches scallions, diced, green parts only
- ½ cup cilantro, fresh, chopped
- ¾ cup roasted corn (roast until browned in a fry-pan)
- 1 1/2 Roma tomatoes, seeded and diced
- 1 avocado, diced, firm avocados work best
- 1 Tbsp. lime, juice to coat avocado

### **Procedure:**

Bring water to a boil, stir in Quinoa. Reduce to a simmer and cover for about 15 minutes, or until liquid is gone. Cool Quinoa quickly.

Slowly whisk olive oil into lime juice and adobo sauce until blended. Adjust flavor with sugar (and salt if desired).

Add chipotle lime dressing to Quinoa and mix well. Dice avocado and coat with lime juice to prevent browning. Gently stir in remaining ingredients and mix well. Chill before service.

\*Serve in a wrap, or as stuffed bell peppers or tomatoes. Add grilled chicken or shrimp if desired.

