



## Latin Red Quinoa Salad

**Yield:** approx. 40 ½-cup portions

### Ingredients

- 2 qts. water
- 2 lbs. InHarvest Red Quinoa
- 6 T. adobo sauce from canned chipotle chiles (See note)
- ¾ c. freshly squeezed lime juice
- 1¼ c. extra-virgin olive oil
- Sugar and salt, to taste
- 4 or 5 firm avocados, peeled, pitted, diced, coated with lime juice to prevent oxidation
- 3 bunches scallion, green parts only, diced
- 1 ½ bunches cilantro, chopped
- 3 c. roasted corn kernels
- 5 Roma tomatoes, seeded and diced

### Directions

1. In a large stock pot, bring the water to a boil.
2. Add InHarvest Red Quinoa. Stir and cover. Reduce heat to a simmer and cook for 15 minutes or until all the water is absorbed. Cool the quinoa quickly. Reserve.
3. To make the vinaigrette, place lime juice in a blender or food processor. Slowly drizzle in the olive oil and adobo sauce, mixing continuously until blended. Adjust to taste with sugar (3 to 4 T.) and salt.
4. In a large bowl, combine the quinoa with the dressing. Mix well.
5. Gently stir in the avocado, scallion, cilantro, corn and tomato. Mix well. Chill the salad to serve cold.

*Chef's note:* To increase the heat of this dish, mix chopped chipotle chile into the grain salad as desired.

### Nutrition Facts

Per serving: 200 cal., 4 g pro., 23 g carb., 4 g fiber, 11 g fat (1 g sat. fat), 0 mg chol., 277 mg sod., 4 g sugar