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Quinoa & Corn Salad

This summer salad features delightfully crunchy quinoa and sweet corn kernels in a tangy dressing. Never tried quinoa? It's similar to millet; look for it in the bulk section of your local natural foods store.

1 cup quinoa, rinsed and drained

½ tsp. salt

2 cups corn kernels (canned, frozen, or fresh; if fresh, briefly cook kernels in boiling water, rinse with cold water, and drain)

1 medium cucumber, diced

8-oz. package cherry tomatoes, sliced in half

Several large romaine leaves, sliced into ribbons

Dressing

½ cup olive oil

Juice from 1 large, fresh lemon

3 Tbs. maple syrup

1 Tbs. Dijon mustard

1 tsp. salt

1. Combine rinsed quinoa, salt, and 1½ cups water in a small saucepan over high heat. Bring to a boil; cover and reduce heat. Let quinoa simmer until all the water is absorbed (about 20 minutes). Remove from heat. After about 10 minutes, "fluff" the quinoa with a fork by lightly stirring.

2. In a large bowl, combine the cooked quinoa with the corn kernels, diced cucumbers, and tomatoes.

3. Whisk all the dressing ingredients together, and stir into the salad.

4. Arrange romaine ribbons on plates. Scoop quinoa salad on top.