



Mexican Street Corn Quinoa Salad

SERVING: 1 CUP
YIELD: 6

PREP TIME: 5 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 cup Quinoa, uncooked
- 2 cup Broth(or water), unsalted
- Cooking Oil Spray
- 1 can Corn, no salt added
- 1/2 Red Onion, chopped
- 1/2 cup Feta Cheese
- 1/4 cup Fresh Cilantro, chopped finely

Dressing

- 2 Tbsp mayo with olive oil
- 1 tsp Apple Cider Vinegar
- 1 lime, juice
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp cayenne pepper

Directions

- 1.BOIL 2 cup broth in a small saucepan and cook 1 cup quinoa according to package directions, about 15 minutes until all liquid is absorbed.
- 2.HEAT cooking spray in saucepan. ADD corn and sauté until lightly charred, approx. 7-10 mins.
- 3.ADD red onion, cilantro, cooked quinoa, and corn to a large bowl. Mix to combine.
- 4.Using a small bowl, combine dressing ingredients and whisk until smooth. Pour dressing into large bowl, toss to mix well.
- 5.ADD feta cheese to salad. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.1mcg	0%
Calcium 80mg	6%
Iron 1.7mg	10%
Potassium 300mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Cost Per Recipe	Cost Per Serving
\$6.63	\$1.11