

Coconut Quinoa with Black Beans and Corn

Ingredients

1 c Quinoa
1 1/2 c Chicken Broth
1 Red Bell Pepper (chopped)
1 Green Onion (chopped)
15 oz Black Beans
1 c Corn
1 T Coconut Balsamic Vinegar
1 T Honey
4 t Olive Oil
1 T Sesame Oil
0 ds Salt
0 ds Ground Black Pepper

Instructions

1. For the dressing, combine the vinegar and honey, and then whisk in 3 teaspoons olive oil and sesame oil. Add salt and pepper to taste. Set aside.

2. Rinse the quinoa well, then add to a saucepan with the chicken broth and bring to a boil. Lower the heat and simmer, covered for 15 minutes, or until the stock is absorbed. Set aside.

3. Heat 1 teaspoon olive oil in a skillet over medium heat, then sauté the pepper for about 3 minutes. Add the corn, and continue to sauté for a few more minutes. Add the green onion and sauté for an additional 30 seconds. Turn the heat off, add the quinoa, and stir well. Drizzle the dressing on top, and mix to coat everything well. Serve warm or cold.