

Marinated Quinoa and Black Beans

Makes about 10 cups

Ingredients:

2 cups water
1 cup dried quinoa, rinsed thoroughly
3 (15-ounce) cans black beans, rinsed and drained
3 cups fresh or thawed frozen corn kernels
1/2 cup chopped red onion
1/2 cup chopped celery
1/2 cup chopped red bell pepper
3/4 cup olive oil
6 tablespoons fresh lemon juice (2 to 3 lemons)
1 large garlic clove, chopped
3/4 cup coarsely chopped fresh cilantro (leaves and stems)
1/4 teaspoon turmeric
1 to 2 teaspoons salt, or to taste



Equipment Needed:

A medium saucepan; an electric blender; a container with a lid

Directions:

Bring the water to a boil in a medium saucepan. Add the quinoa and simmer until the water is absorbed and the quinoa has quadrupled in size. Fluff with a fork and set aside to cool. Pat the beans dry using paper towels. Combine the beans, corn, red onion, celery, and bell pepper in a large bowl and mix well. Purée the olive oil, lemon juice, garlic, cilantro, turmeric, and salt in an electric blender until smooth and green in color. Pour over the black bean mixture. Add the cooled quinoa and toss to mix. Pack into a container and cover with a lid. Marinate in the refrigerator for 8 to 10 hours.

Note:

This recipe makes a great bowl. Nice to serve on top of greens. Can add your protein of choice.

Adapted from *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 91.