



Josh's Quinoa Salad

(Great warm or cold!)

Make 1 cup raw quinoa, cooked 2:1 (2 cups water, 1 cup quinoa) When it comes to the boil, cover and simmer gently for 10-15 mins

Combine in large bowl:

- 1-2 cobs fresh uncooked corn, cut off the cob if possible (use 1 can or 1-1/2 cups frozen corn if not possible)
- 1 can black beans, drained and rinsed
- 2 avocados, diced
- 2-3 tomatoes, diced
- 1 jalapeno pepper, finely chopped (optional)
- 2-3 cloves of garlic, finely chopped
- Juice of 1/2 lime - this is a key ingredient!
- 1+ teaspoon cumin
- 1/2 teaspoon of cayenne pepper
- Salt & pepper to taste

Mix it all together and enjoy!