



RECIPES

Southwestern Quinoa Salad

Of all the whole grains, quinoa has the highest protein content, so it's perfect for vegetarians and vegans. Quinoa provides all 9 essential amino acids, making it a complete protein. Quinoa is a gluten-free and cholesterol-free whole grain. Quinoa is almost always organic.

Ingredients

- 1 cup Cooked Quinoa
- 1 cup Roasted Corn
- 1 t Chili Powder
- 1 t Cumin
- 1 Tomato Diced
- 1/2 Red Onion Diced
- 1 Can Black Beans Rinsed and Drained
- 3 TB Chopped Cilantro
- 1 Garlic Clove
- 2 Limes Juiced and Zested

Toss all items together, chill, and serve

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