

## Ingredients

- **Quinoa Salad**
- 1 cup uncooked quinoa
- 1 ripe avocado
- 1 cup frozen corn
- 1 (15-ounce) can black beans
- 1-1/2 cups cherry tomatoes
- 1/4 cup cilantro
- **Dressing**
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lime juice
- 1 teaspoon paprika
- 1/8 teaspoon cayenne pepper (optional)
- 1/2 teaspoon kosher or sea salt

## Instructions

1. Bring 1 1/2 cups water and quinoa to a boil. Reduce heat to lowest setting and cover.
2. Allow to cook for 15 minutes or until all water is absorbed. Turn off heat and leave quinoa cover on the burner for 5-10 minutes. Fluff with a fork.
3. Chill quinoa in the fridge for at least 1 hour or overnight (Or as long as time will allow in class).
4. While quinoa is cooking, prep other ingredients. Cut avocado, thaw corn kernels, rinse and drain beans, cut tomatoes in half and roughly chop the cilantro.
5. Make the dressing by combining the dressing ingredients into a small bowl with a whisk.
6. Toss cooled quinoa with the remaining salad ingredients. Whisk together dressing ingredients. Add dressing to salad and toss to combine. Serve and enjoy!