

Quinoa Salad with Chipotle Ranch Dressing



MAKES 6 - 8 SERVINGS

SALAD

Ingredients:

- 2 c cooked quinoa
- 1 c low sodium canned black beans, drained and rinsed
- 1 c frozen corn kernels
- 1 c diced tomatoes
- Chipotle-ranch dressing
- Avocado, fresh cilantro, for topping

DRESSING

Ingredients:

- 1/2 c plain Greek yogurt
- 1/3 c mayonnaise
- 1/2 c (lightly packed) cilantro
- 1 chipotle chili pepper in adobo sauce + 1 tsp adobo sauce (or to taste)
- Juice from 1 lime
- 1/2 tsp Worcestershire sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Directions:

SALAD

Place corn, beans, and tomatoes in a medium saucepan. Cook on medium low until heated through. Add quinoa and desired amount of dressing to pan and stir to combine. Serve warm topped with avocado and cilantro.

DRESSING

Place all ingredients in a food processor or blender and blend until fully combined and smooth.