

SALADS

Quinoa Salad with Chipotle Ranch Dressing

Makes 7 servings · about 1 cup each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 6 g · Fiber 4 g · Calories 205	

Ingredients

- Salad: 2 cups cooked quinoa
- Salad: 1 cup canned black beans, drained and rinsed
- Salad: 1 cup frozen corn kernels
- Salad: 1 cup diced tomatoes
- Salad: avocado and fresh cilantro, for topping
- Dressing: ½ cup plain Greek yogurt
- Dressing: ⅓ cup mayonnaise
- Dressing: ½ cup cilantro
- Dressing: 1 chipotle chili in adobo + 1 tsp adobo sauce
- Dressing: juice from 1 lime
- Dressing: ½ tsp Worcestershire sauce
- Dressing: ½ tsp garlic powder
- Dressing: ½ tsp onion powder
- Dressing: ½ tsp smoked paprika
- Dressing: salt and pepper to taste

Directions

1. Blend all dressing ingredients in a food processor until smooth.
2. Heat the corn, beans, and tomatoes in a saucepan over medium-low until warmed through.
3. Add the quinoa and desired amount of dressing; stir to combine.
4. Serve warm, topped with avocado and cilantro.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ avocado and fresh cilantro, for topping
- ☐ 1 bunch cilantro (about ½ cup)
- ☐ juice from 1 lime

DAIRY & EGGS

- ☐ ½ cup plain Greek yogurt

FROZEN

- ☐ 1 cup frozen corn kernels

PANTRY & DRY GOODS

- ☐ 2 cups cooked quinoa
- ☐ 1 cup canned black beans
- ☐ 1 cup tomatoes
- ☐ ⅓ cup mayonnaise
- ☐ 1 chipotle chili in adobo + 1 tsp adobo sauce
- ☐ ½ tsp Worcestershire sauce

CHECK YOUR PANTRY

- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika
- ☐ Salt
- ☐ Black pepper