

Cooking with Amanda – Barbecues, Picnics and Salads

Class 3 – Quinoa Salad and Black Bean Salad

Quinoa with Cumin and Lime

This is especially good with fresh squeezed lime juice. It is very fast and easy to put together; you can prepare all the other ingredients while the quinoa cooks. This recipe will convert people who think they don't like quinoa.

Serves 8

Ingredients:

- 2 cups quinoa, rinsed well
- ½ cup lime juice (or juice from one large lime)
- 3 tablespoons canola oil
- 1 tablespoon garlic (or 2 large cloves) minced
- 2 teaspoons cumin
- 2 teaspoons salt
- 1 jalapeño pepper, seeded and minced
- ½ cup golden raisins
- ½ cup currants
- ½ small red onion, thinly sliced
- ½ cup pine nuts, toasted
- 1 small bunch cilantro, minced

In a large saucepan, bring 3 cups of water to a boil over high heat. Add the quinoa and cook until done, 8-10 minutes. (It is done when the grains are almost completely translucent, with just a small opaque dot in the center.)

Meanwhile, make the dressing: In a medium bowl, whisk together the lime juice, canola oil, garlic, cumin, jalapeño and salt.

Drain excess water from quinoa if necessary. Rinse quinoa in cold water then drain thoroughly, if you prefer a cold salad. Place the quinoa in a bowl and pour the dressing over it. Add the golden raisins and currants, mix together and refrigerate until completely cool.

When the quinoa is cold, add the onion, pine nuts and cilantro. Mix well and serve.

Alternatively, add all the remaining ingredients right after cooking quinoa and serve it warm.

Black Bean Salad

Serves 6-8

Ingredients:

- 4.5 cups (3 cans) black beans, cooked (drained if canned)
- 1 cup corn, defrosted
- 1 orange pepper, chopped
- 1 cup cherry tomatoes, quartered
- 1 cup red onion, chopped
- ½ cup cilantro, chopped
- ½ avocado, chopped (optional, add at the last minute)

Dressing:

- 1 medium jalapeño, deseeded and finely diced
- ½ teaspoon lime zest
- 2 tablespoons lime juice
- ¼ cup vinegar (eg. rice vinegar)
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ½ teaspoon salt

Mix the main ingredients in a large bowl. Whisk together the dressing ingredients in a small bowl. Pour the dressing over the salad, and lightly stir to coat it well.

Cover and chill, for at least 2 hours or preferably overnight, to enhance the flavors. Add the avocado, if using, at the last minute before serving.