

QUINOA COWBOY CAVIAR

Serves 8

Ingredients

- 1/2 cup **quinoa**, uncooked
- 1 (15 ounces) can **black-eyed peas**, drained and rinsed
- 1 (15 ounces) can **black beans**, drained and rinsed
- 1 1/2 cups **frozen corn**, defrosted
- 1 1/2 cups **chopped tomatoes** (about 2 small tomatoes)
- 1 medium **sweet bell pepper** (any color), chopped
- 4 **scallions**, green and white parts thinly sliced
- 1 **jalapeño pepper**, ribs and seeds removed, and finely chopped
- 1/2 cup chopped **cilantro** (optional)

For the dressing:

- 1/3 cup **olive oil**
- 3 tablespoons **red wine vinegar**
- 2 teaspoons **maple syrup** or **honey**
- 1 teaspoon ground **cumin**
- 1 teaspoon **chili powder**
- 1/2 teaspoon **salt**
- 1/4 teaspoon ground **black pepper**

Nutrition Facts*

1 serving

Calories: 250

Protein: 8 grams

Total Carbohydrates: 32 grams

Dietary Fiber: 6 grams

Total Fat: 11 grams

**Nutrition facts are an estimate and vary based on serving size.*



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Directions

- 1 Thoroughly rinse quinoa in a fine-mesh strainer.
- 2 Bring about 2 cups of salted water to a boil in a medium sauce pan. Add quinoa and bring to a simmer, reducing the heat if needed. Allow quinoa to cook for 12 minutes.
- 3 While the quinoa is cooking, combine the black-eyed peas, black beans, corn, chopped tomatoes, bell pepper, green onions, jalapeño pepper and cilantro (if using) in a large serving bowl.
- 4 Once quinoa is finished cooking, turn off the heat and drain the excess water using the fine-mesh strainer.
- 5 Add the cooked quinoa to the bean mixture in the large serving bowl.
- 6 To make the dressing, whisk together the olive oil, red wine vinegar, maple syrup, ground cumin, chili powder, salt and pepper until well blended.
- 7 Pour the dressing over the quinoa mixture and toss until well mixed.
- 8 For best flavor, let the mixture marinate in the refrigerator for at least 20 minutes before serving.



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