

Santa Fe Quinoa Salad Food and Wine May 2010

3/4 C quinoa
1 1/2 C water
Kosher salt
1tsp Cumin seeds
2Tbsp fresh lime juice
6Tbsp Vegetable oil
Freshly ground pepper
1 - 15oz can of black beans rinsed
1 small red bell pepper
1/2 C finely chopped cilantro
1 - 3oz jar of cocktail onions, drained and finely chopped

1. In a medium saucepan, combine the quinoa, water and a pinch of salt; bring to a boil. Cover and simmer over low heat until the water is absorbed, about 15 minutes. Spread the quinoa on a baking sheet and refrigerate for about 20 minutes.
2. Meanwhile, in a small skillet, toast the Cumin seeds over high heat, shaking the pan, until fragrant, about 2 minutes; transfer to a blender. Add the lime juice and oil and blend. Season with salt and pepper.
3. Pour the dressing into a bowl and add the black beans, bell pepper, cilantro and cocktail onions. Scrape the quinoa into the bowl, season with salt and pepper and serve.