

# Quinoa and Corn Salad

Linda Gassenheimer



Quinoa Salad with Grilled Chicken

This recipe appeared in the Arkansas Democrat-Gazette. The recipe called for the salad to be served with salmon. We tried it that way and loved it. I also made a version that replaced the salmon with chicken.

## The Salad

1/2 cup frozen corn kernels  
1/2 cup quinoa\*  
1/4 cup frozen lima beans  
1 medium tomato, cut into 1/2 inch pieces (about 1 cup)  
1 teaspoon ground cumin  
2 tablespoons vinaigrette (we used store-bought)

Place the corn, quinoa, lima beans in 1 cup water in a saucepan; bring to a boil. Cook, uncovered, 10 minutes or until quinoa absorbs the water and softens. Remove from heat. Stir in tomato, and sprinkle on cumin. Add vinaigrette and salt and pepper to taste.

## Salmon

3/4 pound salmon fillet (or 2 salmon pieces suitable for serving 2 people)

Heat a small, nonstick skillet over medium-high heat. Spray with olive oil, and add salmon.

Saute 4 minutes; turn and saute 4 more minutes. Add salt and pepper to taste. (My variation was to heat a oven-proof skillet over high heat with a little olive oil. Cook for a minute or two on each side to brown. Then, place the skillet in a 350 degree oven for about 10-15 minutes to finish.)

## Chicken

(I made this up without measuring, so some amounts are approximate.)

2 boneless, skinless chicken pieces.

Juice from 2 lemons

1/2 cup of white wine

cumin

garlic powder

fresh sage leaves (a good handful), chopped and soaked in olive oil

salt and pepper to taste

Place the chicken breasts between 2 pieces of saran and flatten with a pounder. Place the chicken in a shallow dish and sprinkle with cumin, garlic powder, salt and pepper. Add lemon juice and wine and marinate for 30-45 minutes.

Drizzle some of the sage-infused olive oil over the chicken and grill on a hot grill for a few minutes. It cooks rather quickly, so don't overcook. When done, cut the chicken in strips and drizzle some of the sage-infused olive oil over the top.

**To serve:**

Arrange spinach leaves on a platter or 2 dinner plates. Spoon the salad over the spinach and place the salmon or chicken on top of the salad.

Makes 2 servings.

\* Quinoa (pronounced KEEN-wah) is an ancient grain that is indigenous to the Andes region of South America. It contains more protein than any other grain and is a good source of fiber. It can be cooked like rice and expands to about four times its original volume.