

Southwestern Quinoa Pasta Salad

GLUTEN-FREE + SOY-FREE + VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/southwestern-quinoa-pasta-salad>

Original Recipe Source:

Cooking Quinoa

<http://www.cookingquinoa.net/southwestern-quinoa-pasta-salad>

Recipe and notes were taken directly from original source unless otherwise noted.

YIELDS:

8 servings

SALAD INGREDIENTS:

- 8 ounces uncooked fusilli or elbow quinoa pasta
- ½ Tbsp olive oil (for pasta)
- 1 cup cooked red or rainbow quinoa
86L: I used regular quinoa.
- 1½ cup black beans, drained and rinsed (about one can)
- 1 large tomato, diced *86L: I used 3 Roma tomatoes.*
- 1 cup frozen corn, thawed *86L: You could also use fresh.*
- 1 red bell pepper, diced
- 1 jalapeño pepper, seeded and diced
- 1 medium red onion, diced
- 1 avocado, pitted and chopped

DRESSING INGREDIENTS

- ¼ cup lime juice *86L: I used ½ cup.*
- 3 Tbsp. extra virgin olive oil
OR 3 Tbsp water + 1 tsp chia seeds
86L: For the recipe test, I used oil.
- 1-2 chipotle pepper in adobo sauce, minced*
86L: Check here for gf brands - <http://goo.gl/3Bjbj>
- 3 cloves garlic, minced*
- ½ cup fresh cilantro, chopped
- ½ tsp sea salt*
- ½ tsp fresh ground black pepper*

**86L: Instead of chopping these ingredients, I tossed all of the dressing ingredients (except the cilantro, which I added to the salad later) into a blender and blended until smooth.*

WENDY'S NUTRITIONAL CALCULATIONS:

With Oil:

Servings 8, Calories 328, Fat 11.7g, Carbohydrates 47.5g, Protein 11.8g, Cholesterol 0mg, Sodium 130mg, Fiber 9.9g, Sugars 3.6g, WW Points 9

With Chia Seeds (but still tossing pasta with oil):

Servings 8, Calories 286, Fat 6.6g, Carbohydrates 47.5, Protein 11.9, Cholesterol 0mg, Sodium 130mg, Fiber 10.1g, Sugars 3.6g, WW Points 7

STEP 1:

If using chia gel in place of olive oil, combine 3 tablespoons of water and 1 teaspoon of chia seeds. Mix well and set aside. *(Note: if you are planning on making this salad ahead of time the pasta will keep best with the addition of oil. If you don't want to use the full 3 tablespoons for the dressing, simply toss the pasta with a little olive oil just after cooking.)*

STEP 2:

Cook quinoa pasta according to package directions, being careful not to over or under cook. Drain and rinse. Toss with ½ tablespoon of olive oil.

STEP 3:

In a small bowl combine lime juice, olive oil or chia gel, chipotle pepper, garlic, cilantro, salt and pepper.

86L: See note regarding blender option.

STEP 3:

Combine cooked pasta with cooked quinoa, beans, tomato, corn, peppers and onion. Toss with dressing, reserving a little if desired. When ready to serve, add in avocado and additional dressing if desired.