
Quinoa Salad with Red Bell Pepper and Cilantro

Serves 4

To make this dish spicier, add the chile seeds.

1 cup quinoa, rinsed and
dried on a towel

1½ cups water

Salt and pepper

½ red bell pepper, seeded
and chopped fine

½ jalapeño chile, stemmed,
seeded and minced

2 tablespoons minced red
onion

1 tablespoon minced fresh
cilantro

2 tablespoons lime juice

1 tablespoon extra-virgin
olive oil

2 teaspoons Dijon mustard

1 small garlic clove, minced

½ teaspoon ground cumin

1. Toast quinoa in a large saucepan over medium heat, stirring often, until lightly toasted and aromatic, about 5 minutes. Stir in water and ¼ teaspoon salt; bring to a simmer. Reduce heat to low, cover and simmer until quinoa has absorbed most of the water and is nearly tender, 12 minutes. (Any remaining water will evaporate as the quinoa cools.) Spread quinoa in a rimmed baking sheet and set aside until tender and cool, 20 minutes.

2. Transfer quinoa to a large bowl. Stir in the bell pepper, jalapeño, onion and cilantro.

3. In a separate bowl, whisk the lime juice, oil, mustard, garlic and cumin. Pour over quinoa and toss to coat. Season with salt and pepper and serve. Or refrigerate in an airtight container up to 2 days; season with salt, pepper and lime juice to taste before serving.

— *"America's Test Kitchen's Healthy Family" (America's Test Kitchen, 528 pp., \$34.95)*

Per ¼-cup serving: 200 calories, 6 g fat (1 g saturated), 0 mg cholesterol, 30 g carbohydrates, 6 g protein, 3 g fiber, 220 mg sodium.
