

Quinoa and Black Bean Pilaf

1-3 Tbsp. water
1 onion, chopped
4-5 cloves garlic, minced
3/4 cup uncooked quinoa
1 1/2 cups vegetable broth
1 tsp. ground cumin
1/8 tsp. cayenne
salt and freshly ground pepper to taste
1 cup organic frozen corn kernels
2 (15 oz) cans black beans, drained and rinsed
1/4 to 1/2 cup chopped fresh cilantro

Add a thin layer of water to a medium sized pot. Stir in onions and garlic. "Saute" about 2-3 minutes until onion is translucent.

Add quinoa to the pan and cover with vegetable broth. Add cumin, cayenne, salt and pepper. Bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes.

Turn heat off. Add corn, beans, and cilantro.

You'll love how versatile this recipe is. It tastes great hot or cold. So whip up a batch and pack it in your lunch tomorrow! You won't be disappointed.