

Quinoa and Black Bean Salad

1 ½ cups quinoa (small disk-shaped seeds)
1 ½ cups cooked black beans, rinsed if canned
1 ½ tablespoons red-wine vinegar
1 ½ cups cooked corn (cut from about 2 large ears)
¾ cup finely chopped green bell pepper
2 pickled jalapeño chilies, seeded and minced (wear rubber gloves)
¼ cup finely chopped fresh coriander

For dressing

5 tablespoons fresh lime juice, or to taste
1 teaspoon salt
1 ¼ teaspoons ground cumin, or to taste

In a bowl wash quinoa in at least 5 changes cold water, rubbing grains and letting them settle before pouring off most of water, until water runs clear and drain in a large fine sieve.

In a saucepan of salted boiling water cook quinoa 10 minutes. Drain quinoa in sieve and rinse under cold water. Set sieve over a saucepan of boiling water (quinoa should not touch water) and steam quinoa, covered with a kitchen towel and lid, until fluffy and dry, about 10 minutes (check water level in kettle occasionally, adding water if necessary).

While quinoa is cooking, in a small bowl toss beans with vinegar and salt and pepper to taste.

Transfer quinoa to a large bowl and cool. Add beans, corn, bell pepper, jalapeños, and coriander and toss well.

Make dressing:

In a small bowl whisk together lime juice, salt, and cumin and add oil in a stream, whisking.

Drizzle dressing over salad and toss well with salt and pepper to taste. Salad may be made 1 day ahead and chilled, covered. Bring salad to room temperature before serving.