**Summer Quinoa Salad**

**Total Time: 25 Minutes Servings: 4**

**INGREDIENTS**

1 cup dry quinoa

1/2 to 1 pint Cherry Tomatoes halved

1 Cucumber chopped into chunks

2 ears of Sweet Corn kernels off the cob

2 tablespoons chopped Cilantro

Salt

1 to 2 limes

Cilantro sprig garnish

Optional: 1 to 2 tablespoons of Olive Oil

**PREPARATION**

Cooking the Quinoa:

This seed (not a grain) is a yummy complete protein and cooks up in just 20 minutes.  Take 1 cup dry quinoa and add 2 cups water (a wee bit extra is good for gas stoves) and an optional dash of olive oil.  Bring to a boil & then turn down to simmer while the quinoa cooks & absorbs all the water - 9-12 minutes. Once cooked, fluff or stir quinoa up and let cool down for 5 minutes. (One cup of dry quinoa will yield three cups cooked).

While the quinoa cooks:

Cut the cherry tomatoes in half, chop the cucumber, cut the kernels off your ears of corn & chop up cilantro. Mix these ingredients up in a medium to large sized bowl add salt and the juice of 1 lime and let sit.

Once the quinoa has cooled down a bit mix it in with your veggies add more salt & lime juice to taste & if you like drizzle in some extra virgin olive oil.

Pop this dish into the refrigerator - it tastes even better the next day!

