

Corn and Quinoa Salad With Chicken Sausage

Makes: 4 servings

Prep: 20 mins

Cool: 30 mins

Cook: 20 mins

INGREDIENTS

- 3/4 cup uncooked quinoa**
- 1 1/4 cups low-sodium chicken broth**
- 3 tablespoons olive oil**
- 8 ounces spicy chicken sausage, cut into chunks**
- 1 medium onion, diced**
- 1 large or 2 small zucchini, diced**
- 2 1/2 cups corn kernels (about 4 ears)**
- 2 tablespoons fresh lemon juice**
- 1/2 teaspoon ground cumin**
- 1/4 teaspoon salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 medium red bell pepper, diced**
- 1/4 cup fresh flat-leaf parsley, chopped**



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DIRECTIONS

- 1.** Put the quinoa and chicken broth in a medium saucepan and bring to a boil. Reduce heat to low, cover and simmer until the liquid is absorbed, 12 to 15 minutes. Fluff with a fork.
- 2.** While quinoa cooks, heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the sausage and cook, stirring occasionally, until browned, about 5 minutes. Transfer sausage to a plate. Add another tablespoon oil to pan, then add the onion and cook until softened, about 3 minutes. Add the zucchini and corn and cook about 5 minutes, until the vegetables are tender-firm.
- 3.** In a large bowl, whisk together the lemon juice, remaining oil, cumin, salt and black pepper. Add quinoa, sausage, corn-zucchini mixture and bell pepper; mix. Chill in the refrigerator at least 30 minutes or up to two days. When ready to serve, stir in the parsley.