

Amazing Mexican Quinoa Salad

Extremely yummy, spicy marinated salad that will keep in the fridge for up to a week! My kids in university love packing this up for their lunch. You have everything you need for a very healthy meal in one dish! Substitute barley for the brown rice if desired. Turtle beans can be substituted for kidney beans.

Recipe by [Willard Nguyen](#) | Created on **Nov 15, 2021**

Ingredients

- 2 cups cooked quinoa
- 1 (15 ounce) can pinto beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (14 ounce) can corn
- 1 red onion, chopped
- 1 cup cooked brown rice
- 1 red bell pepper, chopped
- ¼ cup chopped fresh cilantro
- ¾ cup olive oil
- ½ cup red wine vinegar
- 1 tablespoon chili powder, or to taste
- 2 cloves garlic, mashed
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon cayenne pepper, or to taste

Directions

- Mix quinoa, pinto beans, kidney beans, corn, red onion, brown rice, red bell pepper, and cilantro together in a glass or plastic container with a lid.
- Whisk olive oil, vinegar, chili powder, garlic, salt, black pepper, and cayenne pepper together in a bowl; pour over quinoa mixture and toss to coat. Cover bowl with a lid and refrigerate until flavors blend, at least 2 hours. Stir again before serving.

Nutrition Facts

Serving: **8 servings** | Calories: **396.6 kcal** | Carbohydrates: **42.4 g** | Protein: **9.1 g** | Saturated fat: **3 g** | Sodium: **532 mg** | Fiber: **8.6 g** | Sugar: **2.9 g**

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