



BBQ Veggie Side Salad

Great veggies and BBQ sauce flavor...what's not to like? This recipe has been lightened up with quinoa. Have you tried it yet? Quinoa is the gluten free seed people use like a grain that boosts your fiber & protein. This colorful side dish is just zipping with flavor, and protein for energy. Serve over greens of your choice and you have a great "meatless Monday" dish. Will there be enough left over for lunch? If not, you can double the recipe.

Ingredients

½ cup prepared quinoa
1 cup filtered water
½ can black beans (rinsed & drained)
½ can garbanzo beans (rinsed & drained)
1 cup fresh or frozen corn
1 tomato chopped
2-3 Tbsp chopped fresh cilantro
1 round of a red onion ¼ inch thick
Homemade BBQ sauce

BBQ Sauce Ingredients

2 tablespoons tomato paste
1 tablespoon apple cider vinegar
3 tablespoons lime juice
¼ teaspoon dried mustard
1 teaspoon molasses
1 tablespoon dry chia
¼ cumin
¼ chili powder

With this recipe, you can make your own BBQ sauce too!

The sauce is so easy. Just combine all "BBQ Ingredients" above in a small bowl. It's best to make the sauce a little ahead, so the flavors can mix well and the chia can help spread them evenly through the sauce.

If you don't already have a favorite sauce, or a recipe of your own...why should you consider make-at-home sauce?

The store bought sauces can have an unwanted surprise. We remember the first time we read the ingredients of "off the shelf BBQ sauces". Oh, my gosh! The first ingredient on the bottle was high fructose corn syrup! (HFCS) That is the major ingredient in lots of brands from the store. You'd think they'd want to use real honey (for 'honey bbq') or at least tomato paste, but instead, it's corn sugar.

Prepare the quinoa according to package directions. It's prepared just like rice. 1 cup of water to 1/2 cup of quinoa. While the quinoa is cooking, chop the round of onion and rinse and drain the beans. You can also use kitchen shears to snip the cilantro, then prepare the sauce.

Mix the sauce and pour over the prepared veggies. This can be served cold or at room temperature. It's best to give the flavors time to mingle after you mix. Need it just a little zippier after you have let the flavors rest? Sprinkle a few pepper flakes in or add ½ teaspoon finely chopped jalapeno pepper.