

Avocado Quinoa Salad



Recipe:

Avocado Quinoa Salad

Serves: 8

Serving Size: 1 cup

Ingredients:

- 1 cup quinoa cooked
- 1 – 14 oz can corn, drained
- 1 – 14 oz can black beans, rinsed and drained
- 1 cup tomatoes, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced into small pieces
- Juice from 2 limes
- 1/3 cup olive oil
- 2 tsp tumeric
- 1 tsp black pepper
- 1 tsp salt

Instructions:

1. Rinse 1 cup quinoa before cooking
2. Cook quinoa according to package directions (cook in either vegetable stock or chicken stock to add a little flavor).
3. Fluff the cooked quinoa with a fork and allow it to cool completely (about 15 minutes).
4. In a small bowl, whisk together lime juice, olive oil, tumeric, black pepper and salt.
5. Add the black beans, corn, red and green peppers, and cilantro to the quinoa.
6. Add 3-4 pieces of diced avocado to each serving
7. Stir in dressing
8. Cover and refrigerate for at least an hour before serving

Nutrition Facts:

Calories 290

Fat (g) 14

Carbohydrate (g) 34

Protein (g) 7

Sodium (mg) 630

Percent Calories

Fat: 43%

Carbohydrates: 47%

Protein: 10%

Submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG