

# 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 turmeric
- 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, turmeric, black pepper and salt.
5. Add the black beans, corn, tomatoes, and cilantro to the quinoa.
6. Stir in dressing.
7. Cover and refrigerate for at least an hour before serving. Add 3-4 pieces of diced avocado to each serving.

Additions / Substitutions to try: any color bell pepper, frozen or fresh corn, low-sodium or no added salt canned corn and/or canned black beans

*Nutrition Facts:*

Calories 216  
Fat (g) 13  
Carbohydrate (g) 22  
Protein (g) 6  
Fiber (g) 7  
Sodium (mg) 568

Percent Calories  
Fat: 51%  
Carbohydrates: 38%  
Protein: 11%

Originally submitted by Marisa Mozer, MS, RD, LDN, on behalf of ON DPG  
Nutrient information obtained from USDA Food Composition Database