

BLUEBERRY, AVOCADO, AND QUINOA SALAD

INGREDIENTS:

- 2 cups quinoa, cooked
- 1 cup blueberries
- 2 large avocados, diced
- 1 cup pecans

DRESSING:

- 1 tablespoon olive oil
- 1 teaspoon maple syrup
- 1/2 medium lime, juiced
- 3 tablespoons basil, finely chopped
- 1/2 teaspoon black pepper

DIRECTIONS:

1. In a large bowl, add quinoa, blueberries, and avocados.
2. In a small skillet, toast pecans on low-medium heat until lightly brown, about 5 minutes. Stir frequently. Transfer to bowl with other ingredients.
3. In a small bowl, whisk together lime-basil dressing ingredients; pour over the salad and gently stir to combine. Serve cold.

Nutrition Facts	
Serving Size 1/2 cup (132g)	
Servings Per Container 6	
Amount Per Serving	
Calories 310	Calories from Fat 250
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 3g	
Vitamin A 10%	• Vitamin C 15%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

