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

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: thekitchn.com