# Quinoa Avocado Salad

## Ingredients:

- 3 tablespoons lime juice
- 2 tablespoons olive oil
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups cooked quinoa, cooled
- 2 medium avocados, chopped
- 1 cup grape tomatoes, halved
- 2 tablespoons avocado oil
- 1 cup cucumber, diced
- 1/2 cup fresh cilantro, chopped
- 1 small purple scallion, sliced

## Directions

1. Whisk together lime juice, oil, garlic powder, salt, and pepper in medium bowl.
2. Add quinoa, avocados, tomatoes, cucumbers, cilantro, and scallions; stir gently until combined.
3. Serve.

## Nutrition Facts

Serving Size 1 Cup (204g)
Servings Per Container 6

**Amount Per Serving**

| | |
|---|---|
| **Calories** 240 | Calories from Fat 120 |
| | **% Daily Value*** |
| **Total Fat** 14g | **22%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 210mg | **9%** |
| **Total Carbohydrate** 26g | **9%** |
| Dietary Fiber 6g | **24%** |
| Sugars 2g | |
| **Protein** 6g | |

Vitamin A 8% • Vitamin C 15%

Calcium 4% • Iron 10%

*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

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Source: eatingwell.com