

# Quinoa Avocado Salad

## Ingredients:

- 3 tablespoons lime juice
- 2 medium avocados, chopped
- 2 tablespoons olive oil
- 1 cup grape tomatoes, halved
- 3/4 teaspoon garlic powder
- 2 tablespoons avocado oil
- 1/2 teaspoon salt
- 1 cup cucumber, diced
- 1/4 teaspoon ground black pepper
- 1/2 cup fresh cilantro, chopped
- 3 cups cooked quinoa, cooled
- 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*
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
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

