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

Source: eatingwell.com

Directions

- 1. Whisk together lime juice, oil, garlic powder, salt, and pepper in medium bowl.
- 2. Add guinoa, 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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





