

QUINOA SALAD WITH TOMATO AND AVOCADOS



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

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QUINOA SALAD WITH TOMATO AND AVOCADOS

INGREDIENTS

- 1 medium Avocados From Mexico Avocado, cubed
- 1 cup quinoa
- 1 cup cherry tomatoes, halved
- ¼ cup parsley
- 4 cups baby spinach
- ½ cup red onion, diced
- 2 tsp. lemon juice
- 2 tbsp. chopped pecans
- Salt and pepper, to taste

INSTRUCTIONS

1. Prepare quinoa according to package instructions. Let cool.
2. Combine quinoa and remaining ingredients in a bowl and toss well.
Top with chopped pecans.

MAKES 4 SERVINGS

Serving Size = ~¾ cup

Quinoa Salad with Tomato and Avocados

Calories: 170, Total Fat: 9g (Sat fat: 1g, Trans fat 0g) Cholesterol: 0mg, Sodium 50mg, Total Carbohydrate: 20g, Dietary Fiber: 5g, Sugar 3g, Protein: 6g