

RED QUINOA-AVOCADO SALAD

Yield: 10 Servings (4 oz. per serving)



TOTAL TIME: 1 hour 15 minutes

INGREDIENTS

- 1 box (7 oz.) red quinoa, cooked per pkg. directions, chilled 20 min.
- 1 pkg. (12 oz.) frozen super-sweet corn, thawed
- 1 cup finely chopped fresh cilantro
- 1 cup green onions, thinly sliced on the bias
- 2 plum tomatoes, ¼-inch dice (about 1 cup)
- 2 avocados, peeled, pitted, cubed small
- ½ cup lemon vinaigrette (Produce Dept.)
- ½ tsp. salt
- ½ tsp. pepper

PREPARATION

1. Add cooked quinoa, corn, cilantro, green onions and tomatoes to mixing bowl.
2. Fold in avocados and dressing by mixing gently until well-combined.
3. Season with salt and pepper; serve.

NUTRITION

Per serving: Calories: 200; Fat: 9 g (1 g Saturated fat); Cholesterol: 0 mg; Carbohydrates: 25 g; Fiber 4 g; Protein: 5 g; Sodium: 230 mg.

Recipe courtesy of Wegmans