

Red Quinoa and Avocado Salad

A tasty combination of quinoa, avocado, cumin, and lime juice with fresh veggies for a delicious meal!

Recipe by Julie Sanchez | Created on **Mar 9, 2022**

Ingredients

- 1 cup red quinoa
- 2 cup water
- 1 cup cherry tomatoes, halved
- ½ cup diced cucumber
- ¼ cup diced red onion
- 2 tablespoons lime juice
- ½ teaspoon ground cumin seed
- salt and pepper to taste
- 2 cups baby spinach leaves
- 1 avocado - peeled, pitted and sliced

Directions

- Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Spread into a mixing bowl, and refrigerate until cold.
- Once the quinoa has chilled, gently stir in the tomatoes, cucumber, and onion. Season with lime juice, cumin, salt, and pepper; stir to combine. Divide the spinach leaves onto salad plates, and top with the quinoa salad. Garnish with the avocado slices to serve.

Nutrition Facts

Serving: **2 salads** | Calories: **311.2 kcal** | Carbohydrates: **37.1 g** | Protein: **8.1 g** | Saturated fat: **2.2 g** | Sodium: **45.8 mg** | Fiber: **11.5 g** | Sugar: **2.5 g**

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