

Red Quinoa Salad with Veggies & Avocado

Adapted from: Aylin Erman (*Glow Kitchen*)

Prep time: 5 minutes

Cook time: 10 minutes

Total time: 15 minutes

Serves: 4



Ingredients

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| 1 cup red quinoa | 1 large cucumber, diced |
| 2 ½ cups water | 1 avocado, cut into chunks |
| 2 scallions | juice of 1 lemon |
| 1 small red onion, diced | ¼ cup EVOO |
| 1 large red bell pepper, diced | salt and pepper to taste |
| 1-inch piece of ginger, peeled | |

Instructions

1. Bring the quinoa and water to a boil and then reduce heat to a simmer for about 10 minutes, or until the quinoa is cooked and the water is gone. While the quinoa cooks, dice the scallions, red onion, red bell pepper, ginger, avocado, and cucumber into small, uniformly-sized pieces.
2. In a small bowl, whisk together the olive oil, lemon, salt, and pepper. Set aside. When the quinoa is finished, transfer to a large bowl. Fold the veggies, avocado, and vinaigrette into the quinoa while it is still warm. (The warmth will help release flavors from the veggies!)
3. Serve and enjoy!