

Andean Quinoa Avocado Salad (Ecuadorian Style)

Ingredients

- 1 cup cooked red quinoa
- 1/2 avocado, diced
- 1/4 cup cooked corn kernels
- 1/4 cup chopped red onion
- 1/4 cup diced tomato
- 1 tbsp chopped parsley or culantro
- Juice of 1 lemon or lime
- 1 tbsp olive oil
- Pinch of cumin
- Salt to taste

Instructions

1. Mix quinoa, avocado, corn, tomato, and onion in a large bowl.
2. Add parsley or culantro.
3. In a small bowl, whisk lemon juice, olive oil, cumin, and salt.
4. Pour over salad and toss gently to combine.

Benefits

High in healthy fats, antioxidants, and plant-based protein. Supports heart health and weight balance.