

Sweet Mango Quinoa Salad (Caribbean-style)

Ingredients

- 1 cup cooked quinoa
- 1/2 mango, diced
- 1/4 cup red bell pepper, chopped
- 1/4 avocado, diced
- 2 tbsp red onion, finely chopped
- Juice of 1 lime
- 1 tbsp chopped cilantro
- Salt to taste

Instructions

1.Mix quinoa, mango, bell pepper, avocado, and onion in a bowl.

2.Add lime juice and cilantro.

3.Toss gently and serve fresh.

Benefits

High in vitamin C, healthy fats, and fiber.

Refreshing and energizing.