

Citrus Quinoa Avocado Salad

This plant-based dish is a satisfying meal for everyone.

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This colorful quinoa avocado salad with zesty lemons and fresh cilantro is full of vibrant flavors. It's also rich in cancer-fighting foods, including avocados, which contain healthy monounsaturated fat, and fiber-rich quinoa, chickpeas and fresh vegetables. This plant-based meal is hearty and filling enough to satisfy everyone.

Servings: 4

Ingredients: 17

Prep: 20 minutes

For the salad:

½ cup cucumber, diced

1 cup cherry tomatoes, cut in half

2 small cloves garlic, minced

¼ cup red onion, chopped

1 bunch cilantro

1 (15.5 ounce) can chickpeas, no-salt-added or low-sodium (drained and rinsed)

2 cups spinach, thinly sliced

1 cup cooked and cooled quinoa

2 medium avocados, diced

For the dressing:

Juice of 2 lemons

Zest of 1 lemon

2 teaspoons Dijon mustard

1 tablespoon olive oil

1 teaspoon honey

½ teaspoon ground cumin

Salt and pepper, to taste

Dash of cayenne pepper (optional)

Directions

1. Place all salad ingredients in a bowl.
2. Whisk together all dressing ingredients in a separate bowl.
3. Drizzle dressing over salad mixture and gently toss ingredients together until dressing is incorporated throughout.

Chef Tip

This recipe contains cancer-fighting foods: whole grains.

Nutrition Facts (per serving)

Calories: 544; fat: 24 g; saturated fat: 3 g; polyunsaturated fat: 5 g; monounsaturated fat: 14 g; carbohydrates: 72 g; sugar: 10 g; fiber: 20 g; protein: 18 g; sodium: 927 mg

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