

Avocado Quinoa Salad

This Avocado Quinoa Salad is a powerhouse salad packed with good-for-you ingredients and the best healthy lemon vinaigrette.

Course	Salad
Cuisine	American
Prep Time	15 minutes
Total Time	15 minutes
Servings	8 as a side
Calories	313 kcal
Author	Chelsea

Ingredients

Salad

- 1 cup uncooked quinoa
- 8 ounces fresh cherry tomatoes, halved
- 1 large cucumber, chopped
- 1/4 cup red onion, finely chopped
- 5 ounces fresh spinach, roughly chopped
- 2 large ripe avocados, pit removed and chopped
- 1/4 of 1 bunch fresh cilantro, optional and to taste
- 1/3 cup Feta Cheese, optional and to taste

Dressing

- 4 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard, do not use regular mustard
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1 lemon (2-3 tablespoons fresh lemon juice)
- Salt and pepper

Instructions

1. Cook the quinoa according to package directions. Fluff and set aside to cool.
2. Meanwhile, prep the dressing. Whisk the red wine vinegar, Dijon mustard, oregano, garlic, 1/2 teaspoon salt (or to taste), and 1/4 teaspoon pepper (or to taste) together in a small bowl. Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar and store in the fridge while prepping the vegetables.
3. Prep the veggies: Halve the cherry tomatoes, chop the cucumber (peel if desired, we leave the peel on), finely chop a quarter of a red onion, roughly chop fresh spinach, remove the pits and chop the avocados. Finely chop the cilantro if desired.
4. In a large bowl, add in all the prepped veggies and quinoa. Remove the dressing from the fridge and shake it well and then pour over the salad*. Toss the salad and then top with feta cheese if desired.
5. Enjoy immediately.

Recipe Notes

*If you aren't planning on finishing this salad all in one day, I'd recommend keeping the dressing separate from the salad and only dressing what you'll be eating. Also, only prep the amount of avocados to what you'll be eating that day (so if you'll have leftovers, only add 1 avocado and add the other one the next day)