

Quinoa Avocado Salad

Ingredients:

2 cups water (480 mL)

1 cup quinoa (170 g), rinsed (couscous may be used as an alternative)

2 medium cucumbers, diced

4 medium tomatoes, diced

2 ripe avocados, pits removed and diced

1 lemon, juiced (or 4 tbs lemon juice)

4 tbs extra virgin olive oil

2 tbs pumpkin seeds

2 tbs sunflower seeds

Coriander, chopped

Salt, to taste

Pepper, to taste



Directions:

In a small saucepan, bring the water and a pinch of salt to a boil. Add the quinoa, cover, and simmer for 15 minutes, or until the water is absorbed. Transfer to a medium bowl to cool to room temperature then fluff the quinoa.

Refrigerate the quinoa for 20 minutes.

Add the cucumber, tomatoes, and avocado to the bowl of quinoa and mix to combine.

Add the lemon juice, olive oil, salt, and pepper, and mix well.

Sprinkle the pumpkin seeds, sunflower seeds and coriander and loosely toss the salad.