

# Avocado Quinoa Veggie Salad

Nutrient Dense And Delicious



TOTAL TIME

30 mins



COURSE

Main Course, Salad,  
Side Dish

CUISINE

American



## INGREDIENTS

- 1.5 Cups Organic Cooked Quinoa
- 1/8 Cup Diced Onion
- 4 Tomatoes - Diced
- 1.5 Cucumbers - Chopped
- 3 Stalks Celery - Chopped
- 2 Avocados - Diced
- 2 Sprigs Mint Leaves - Diced
- 1/4 Bunch Parsley - Diced
- 1/2 Cup Dried Cranberries or Raisins
- Juice of 2 Lemons
- Sea Salt To Taste

- 1 Jar Palm Hearts Optional

## INSTRUCTIONS

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1. Place onion, tomatoes, cucumber, and celery in a large bowl.

Add avocado, mint, parsley, and cranberries/raisins.

Add salt, lemon, and mix well.

Add cooked quinoa, mix well, Enjoy!

-Can be served Hot or Cold



KEYWORD

avocado, quinoa, salad