



Citrus Quinoa Avocado Salad

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

September 23, 2024 By Cook for Your Life

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

Ingredients

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 Tips

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

©2024 Fred Hutchinson Cancer Research Center, a 501(c)(3) nonprofit organization. Used with permission.

