

Curry-Avocado Quinoa Bowl

Serving: 1

Ingredients

$\frac{1}{4}$ ripe avocado

$\frac{1}{4}$ clove **fresh garlic** (or $\frac{1}{4}$ tsp garlic powder)

1 $\frac{1}{2}$ teaspoon **apple cider vinegar** (*depending on how tangy you like it*)

2 tablespoon **water**

$\frac{1}{4}$ teaspoon **curry powder**

$\frac{1}{4}$ teaspoon **onion powder**

salt

$\frac{3}{4}$ cup **quinoa**

$\frac{1}{8}$ **red pepper** *chopped*

2 tablespoon **edamame beans** *shelled and thawed*

Directions

To make the dressing, put the avocado, vinegar, water and spices in a blender. Puree, adding more water to get the consistency you want for your dressing.

Put quinoa, edamame, red pepper in large bowl. Add dressing and toss. Serve over a bed of greens.

