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# QUINOA & AVOCADO BOWL

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Gluten-Free, Dairy-Free, Nut-Free, Egg-Free, Vegetarian, Vegan

**Yield:** 6 servings    **Prep time:** 10 minutes    **Total time:** 25 minutes



**D'LISH**

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## Ingredients

- 3 cups dry quinoa OR 6 cups cooked quinoa
- 2 tbsp olive oil
- 2 bell peppers, diced
- 2 small tomatoes, diced
- 1 red onion, chopped
- 3 avocados, pitted, sliced
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 2 tbsp fresh herbs (cilantro, basil, mint)
- 1 lemon, zested, squeezed

## Directions

1. Wash and prep ingredients: dice tomatoes and bell peppers, chop onion, slice avocados, rinse dry quinoa in colander before cooking.
2. Cook quinoa: In a saucepan toast dry quinoa with olive oil over medium-high heat for 2 minutes, stirring frequently. Add 6 cups of water and cook until water comes to a boil. Once boiling turn heat to a simmer and cover with lid. Cook for 15-20 minutes until water is completely absorbed and quinoa is light and fluffy.
3. In a large bowl, season the cooked quinoa with onion powder, black pepper, paprika, and garlic powder. Add the tomatoes, onion and fresh herbs. Mix well.

## Grocery List

- Quinoa
- Tomatoes
- Bell peppers
- Red onion
- Avocados
- Olive oil
- Lemon
- Spices: onion powder, black pepper, paprika, garlic powder
- Fresh herbs

## Kitchen Equipment

- Measuring cups & spoons
- Chefs knife
- Cutting board
- Microplane
- Citrus squeezer
- Colander
- Saucepan with lid
- Mixing spoon
- Large bowl

4. When serving, divide quinoa mix among 5 bowls then top with sliced avocado, lemon juice and zest.

Per serving: Calories: 406; Total Fat: 19g; Saturated Fat: 3g; Sodium: 22mg;  
Total Carbohydrates: 51g; Fiber: 12g; Protein: 11g

### Prep tip

- Can store quinoa mixture in the refrigerator for up to 5 days. When reheating, warm quinoa in the microwave for 1 minute then top with sliced avocado. Can also enjoy cold.
- Frozen avocado cubes are available at your local grocery store. Instead of adding fresh avocado, thaw frozen pieces in the refrigerator before use.
- May add additional toppings: beans, chicken, eggs, cheese, cucumber, nuts

### Spotlight Ingredient: Quinoa

- Quinoa is considered a superfood because it is jam-packed with nutritional benefits. It is an excellent source of fiber and provides plenty of the B vitamin folate, as well as iron and magnesium, minerals that can be difficult to find naturally in non-animal products.
- This ancient grain also a great source of protein, making it a great option for those following a vegetarian or vegan diet.
- The protein and fiber from the quinoa combined with the fat in the avocado, will keep you satisfied longer and has many health benefits (can aid in stabilizing blood sugars, blood cholesterol levels and promote healthy digestion).

### Notes