

# QUINOA AVOCADO SALAD

## Ingredients

### *Salad*

- 1 cup uncooked quinoa
- 8 ounces fresh cherry tomatoes, halved
- 1 large cucumber, chopped
- 1/4 cup red onion, finely chopped
- 5 ounces fresh spinach, roughly chopped
- 2 large ripe avocados, pit removed and chopped
- 1/4 of 1 bunch fresh cilantro, optional and to taste
- 1/3 cup Feta Cheese, optional and to taste

### *Dressing*

- 4 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard, do not use regular mustard
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/2 cup olive oil
- 1 lemon (2-3 tablespoons fresh lemon juice)
- Salt and pepper

## Cooking Instructions

1. Cook the quinoa according to package directions. Fluff and set aside to cool.
2. Meanwhile, prep the dressing. Whisk the red wine vinegar, Dijon mustard, oregano, garlic, 1/2 teaspoon salt (or to taste), and 1/4 teaspoon pepper (or to taste) together in a small bowl. Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar and store in the fridge while prepping the vegetables.
3. Prep the veggies: Halve the cherry tomatoes, chop the cucumber (peel if desired, we leave the peel on), finely chop a quarter of a

red onion, roughly chop fresh spinach, remove the pits and chop the avocados. Finely chop the cilantro if desired.

4. In a large bowl, add in all the prepped veggies and quinoa. Remove the dressing from the fridge and shake it well and then pour over the salad\*. Toss the salad and then top with feta cheese if desired.
5. Enjoy immediately.