Red Quinoa-Avocado Salad



Yield: 5
Preparation time: 20 minutes
Category: Salad
Cuisine: American
Rating: 5/5 stars
Source: Wegmans
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Ingredients

- 1/2 pkg (7 oz) Food You Feel Good About Red Quinoa (Grocery Dept), cooked per pkg directions, chilled
- 1/2 pkg (12 oz) Food You Feel Good About Just Picked and Quickly Frozen Super-Sweet Corn, thawed
- 1/2 cup finely chopped fresh cilantro
- 1/2 cup green onions, thinly sliced on the bias
- 1 plum tomatoes, 1/4-inch dice (about 1 cup)
- 1 avocados, peeled, pitted, cubed small
- 1/4 cup Food You Feel Good About Lemon Vinaigrette (Produce Dept)
- 1/4 tsp salt
- 1/4 tsp pepper

Instructions

Add cooked quinoa, corn, cilantro, green onions, and tomatoes to mixing bowl. Fold in avocados and dressing; mix until well-combined. Season with salt and pepper; serve.

Notes

Nutrition Info: Each serving (1 cup) contains 210 calories, 27 g carbohydrate, (4 g fiber), 5 g protein, 9 g fat, (1 g saturated fat), 0 mg cholesterol, and 240 mg sodium.
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