



Grape and Avocado Quinoa Salad

Prep: 20 minutes | Cook: 20 minutes | Inactive: 15 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size: ~1½ cups

Ingredients

Zest and juice of 1-2 limes, to taste
¼ cup extra-virgin olive oil
1 cup uncooked quinoa, rinsed
2 cups water
2 cups grapes, halved
1½ cups diced cucumber (about 1 medium cucumber or ½ English cucumber)
3 cups fresh spinach
4 scallions (green onions), white and light green parts, thinly sliced (about 1 cup)
⅓ cup chopped fresh mint
Ground black pepper, to taste
1 avocado, peeled, pitted, and diced

Directions

1. In a large bowl, whisk together the lime zest, lime juice, and olive oil. Set aside.
2. Combine the rinsed quinoa with the water in a saucepan.
3. Bring the water to a boil, then cover with a lid and reduce to a simmer.
4. Cook until all liquid is absorbed and the quinoa is tender, about 10-15 minutes.
5. Set the cooked quinoa aside to cool, about 10-15 minutes.
6. In a large bowl, toss the cooled quinoa, grapes, cucumbers, spinach, scallions, and mint together with the dressing.
7. Season with pepper to taste.
8. Gently fold in the avocado.
9. Serve immediately, or chill before serving.

Recipe Notes

- Substitute arugula or chopped kale for the spinach if desired.
- This salad can be made 1-2 days before serving, if desired. Just wait to cut and add the avocado until ready to serve.

**Nutrition Facts Per Serving: Calories: 215 | Total Fat: 13 g | Saturated Fat: 2 g
Sodium: 165 mg | Total Carbohydrate: 23 g | Dietary Fiber: 5 g | Protein: 4.5 g**

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