

---

# Healthy Earth Day Quinoa Salad

Total time: 30 min Yield: 4 Servings

## Ingredients

1 cup quinoa  
2 cup water  
1 avocado (peeled, pitted, and diced)  
1 cup cherry tomatoes (quartered)  
1 red pepper (roasted, diced)  
1/2 cup red onion (diced)  
1/2 cup cilantro (chopped)  
1 clove garlic (minced)  
1 large lime (juiced)  
1 Tbsp coconut oil  
1 Tbsp chili garlic sauce  
salt  
pepper

Prep Time: 30 min Total Time: 30 min

## Instructions

Rinse the quinoa thoroughly before cooking to remove the bitter coating on the grains. Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer for about 15 to 20 minutes until the quinoa is tender and the water has been absorbed. After it's cooked let the quinoa cool down in the refrigerator. Once the quinoa has chilled, gently stir in the avocados, tomatoes, roasted pepper, onion, cilantro and garlic. In a separate bowl, whisk lime juice, coconut oil, chili garlic sauce, salt and pepper and add to quinoa. Mix well. Enjoy with your favorite poultry or as a light lunch.

## Recipe brought to you by:

Chef Ryan Covert

## Source:

Chef Ryan Covert