



Avocado, Tomato, and Quinoa Salad with Mustard Citrus Vinaigrette

Recipe

Serves 4-6

Salad

- ◆ 2 ½ cups cooked quinoa
- ◆ 2 avocados, diced
- ◆ 3 roma tomatoes, diced
- ◆ 2 Persian cucumbers, diced
- ◆ 1 cup Italian parsley (optional)

Dressing

- ◆ 2 tablespoons orange juice
- ◆ 1 tablespoon lemon juice
- ◆ 3 tablespoons olive oil
- ◆ 1 ½ teaspoon Dijon mustard
- ◆ 2 cloves of garlic
- ◆ 1 teaspoon honey
- ◆ Salt and Pepper to taste

Directions

1. For Dressing, combine all ingredients in a jar, shake to mix well
2. For salad, toss everything in a large bowl, drizzle with dressing, and serve.

