

Quinoa, Corn, and Avocado Salad

Ingredients

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| 1 ½ cups Quinoa, cooked (0.5 cups dry) | 1 ½ cups Corn (fresh, canned, or frozen) |
| 2 medium Avocados, diced | 1 cup Cherry Tomatoes, halved |
| 1/3 medium Red Onion, diced | ¼ cup fresh Cilantro, chopped |
| 2 Tbsp. Fresh Lime Juice | |

Directions

1. Cook quinoa according to package instructions.
2. Rinse and prepare corn, avocados, tomatoes, onion, and cilantro while quinoa is cooking.
3. When quinoa is finished, combine all ingredients in a large bowl and mix together.

Nutrition Information (per serving) Serving size: 1 cup, Servings: 6

Calories: 197, Protein: 5g, Carbohydrate: 24g, Sugar: 4g, Fat: 10g, Sodium: 12mg

(Adapted from forksoverknives.com)