

## International Quinoa Salad

READY IN



35 min.

SERVINGS



8

### Directions

- Remove from heat and allow the pressure to come down naturally. Fluff the quinoa and allow it to cool. (To cook it on the stove, use 3 cups of water. Bring to a boil, add the quinoa, cover tightly, reduce heat, and cook until all water is absorbed, about 15 minutes. Fluff and cool.)
- Combine all of the vegetables in a large bowl.
- Add the quinoa and mix well.
- Whisk the dressing ingredients together and pour over the salad.
- Mix well and refrigerate until chilled. Taste before serving, and add more lime juice as necessary (you want it to be tangy).
- Garnish with avocado slices and serve. Makes about 8 servings.

### Nutrition Facts



■ PROTEIN 0% ■ FAT 0% ■ CARBS 0%

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0%

## Nutrients (% of daily need)

Calories: 0 (0%), Fat: 0 (0%), Saturated Fat: 0 (0%), Carbohydrates: 0 (0%), Net Carbohydrates: 0 (0%), Sugar: 0 (0%), Cholesterol: 0 (0%), Sodium: 0 (0%), Alcohol %: 0% (100%), Protein: 0 (0%)