

Quinoa Avocado Salad

Prep Time 10 mins
 Total Time 15 mins
 Meal Type Lunch,Dinner,Side
 Contributed By



Source [Living Plate](#)

Servings 4



Salad

Ingredients

lb,c g,ml

- 6 cup Kale, baby
- 1/2 Avocado, *Chopped*
- 1 cup Quinoa, dried or frozen, *Cooked*
- 1/4 cup Sunflower Seeds
- 3 oz Goat Cheese, *Crumbled* Optional

Directions

Prep

1. Wash and chop all vegetables.
2. Place all ingredients in a large bowl and toss with dressing.

Lemon Vinaigrette Dressing

Ingredients

lb,c g,ml

- 1 Lemon, *Juiced and Zested*
- 1 tsp Honey
- 1/2 tsp Dijon Mustard
- 2 Tbs Olive Oil
- Salt & Pepper

Directions

Make

1. Place all ingredients in a small mason jar, seal, and shake to combine.
Alternatively the dressing can be whisked together in a small bowl.

Notes

The dressing can be made ahead of time in bulk and can stored for up to 2 weeks in the refrigerator.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 20.8g		32%	Total Carbohydrates 18g
Saturated Fat 5.1g		25%	Dietary Fiber 5g	20%
Trans Fat 0.0g			Total Sugars 3g	
Cholesterol 10mg		3%	Protein 9g	
Sodium 137mg		5%		
Vitamin D 0mcg 0%		Calcium 128mg 12%	Iron 2mg 12% · Potassium 386mg 8%	

Calories 283 per serving

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.