

# greek quinoa and avocado salad

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For a meatless main-dish recipe in less than 30 minutes, combine quinoa, avocado, tomatoes, and spinach. The lemon juice mixture adds a refreshing citrus flavor.



Recipe from  
**Better Homes and Gardens**

**Servings:** 4  
**Prep Time:** 15 mins

## ingredients

- 1/2 cup uncooked quinoa, rinsed and drained\*
- 1 cup water
- 2 roma tomatoes, seeded and finely chopped
- 1/2 cup shredded fresh spinach
- 1/3 cup finely chopped red onion (1 small)
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- Spinach leaves
- 2 ripe avocados, halved, seeded, peeled, and sliced\*\*
- 1/3 cup crumbled feta cheese

## directions

In a 1-1/2-quart saucepan combine quinoa and water. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until liquid is absorbed.

Transfer quinoa to a medium bowl. Add tomato, spinach, and onion; stir to combine. In a small bowl, whisk together lemon juice, oil, and salt. Add to quinoa mixture; toss to coat.

Place spinach leaves on 4 salad plates. Arrange avocado slices on spinach leaves. Spoon quinoa mixture over avocado slices. Sprinkle with some of the feta. Makes 4 main-dish servings.

### Note

\* Rinse quinoa thoroughly before cooking to remove a bitter substance called saponin that coats the seeds.

### Note

\*\* Brush avocado slices with additional lemon juice to prevent browning.

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