

Avocado Stuffed with Quinoa Salad

A refreshing and nutritious main dish featuring creamy avocado stuffed with a flavorful quinoa salad.



Main Dish

15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 ripe avocado,
- 1/4 cup cooked quinoa,
- 1/4 cup cherry tomatoes, diced,
- 1/4 cup cucumber, diced,
- 2 tbsp red onion, finely chopped,
- 1 tbsp fresh parsley, chopped,
- 1 tbsp lemon juice,
- Salt and pepper to taste

Steps

- 1 Cut the avocado in half and remove the pit. Scoop out some of the flesh to create a hollow for the filling.
- 2 In a bowl, combine the cooked quinoa, cherry tomatoes, cucumber, red onion, parsley, lemon juice, salt, and pepper.
- 3 Mix well to combine all the ingredients.
- 4 Spoon the quinoa salad mixture into the hollowed-out avocados.
- 5 Serve and enjoy!