

Creamy Avocado Quinoa Bowl

This vibrant and nutritious quinoa bowl features creamy avocado paired with fresh vegetables and a zesty lime dressing.

Perfect for a healthy and filling main dish, it's easy to prepare and packed with flavor.



Main Dish

15 min

Total time

easy

Difficulty

400

kcal / serving

Ingredients

- 1/2 cup cooked quinoa
- 1 ripe avocado
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup black beans, rinsed and drained
- 1 tablespoon lime juice
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 In a bowl, combine the cooked quinoa, cherry tomatoes, cucumber, and black beans.
- 2 Cut the avocado in half, remove the pit, and scoop out the flesh. Dice the avocado and add it to the bowl.
- 3 Drizzle with lime juice and season with salt and pepper. Toss gently to combine all ingredients.
- 4 Garnish with fresh cilantro if desired and serve immediately.