

Creamy Avocado Quinoa Bowl

This nutritious and satisfying quinoa bowl features creamy avocado, fresh vegetables, and a zesty dressing. Perfect for a healthy lunch or dinner, it's packed with flavor and goodness.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup cooked quinoa
- 1 ripe avocado, sliced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Fresh herbs (like cilantro or parsley) for garnish

Steps

- 1 In a bowl, combine cooked quinoa, cherry tomatoes, and cucumber.
- 2 In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
- 3 Pour the dressing over the quinoa mixture and toss gently to combine.
- 4 Serve the quinoa mixture in a bowl and top with sliced avocado.
- 5 Garnish with fresh herbs and enjoy!