

Revitalizing Quinoa Salad

This refreshing quinoa salad is packed with protein, fiber, and fresh veggies to rejuvenate you after a long day. Perfect for a quick energy boost that won't weigh you down.



Salad

10 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup cooked quinoa
- 1/4 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1/4 avocado, diced
- 1/4 cup chickpeas, rinsed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

Steps

- 1 In a large bowl, combine the cooked quinoa, cherry tomatoes, cucumber, avocado, and chickpeas.
- 2 Drizzle with olive oil and lemon juice, then season with salt and pepper.
- 3 Toss gently to combine all ingredients.
- 4 Garnish with fresh parsley before serving.