**Quinoa-Stuffed Avocados**

**Ingredients**
- 2 avocados, pitted
- 1 cup cooked quinoa
- 1 can black beans, drained and rinsed
- 2 scallions, sliced
- 1 red bell pepper, chopped
- 1 cup corn (fresh, frozen, or canned)
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- A pinch of kosher salt

**Directions**
1. Scoop out avocados, leaving a small border. Dice avocado and set aside.
2. Make quinoa salad: in a large bowl, combine quinoa, beans, scallion, peppers, and corn. Add olive oil and lime juice and toss to combine. Season with salt.
3. Divide salad among 4 avocado halves.

Makes 4 servings

Nutrition information per serving (2 tablespoons):
- 92 calories, 4g fat, 3g protein
- 12g carbohydrates, 128mg sodium