

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 tablespoon extra virgin olive oil
2 tablespoon 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