**Avocado Quinoa Salad**

1 cup quinoa

8 oz. fresh cherry tomatoes, halved

1 large cucumber, chopped

¼ cup red onion, finely chopped

5 oz. fresh spinach, roughly chopped

1 large ripe avocado, pit removed & chopped

¼ of 1 bunch fresh cilantro, optional and to taste

1/3 cup Feta cheese

Dressing

3 Tablespoons red wine vinegar

1.5 Tablespoons Dijon mustard

1 t. dried oregano

1 clove garlic, minced

1/4 cup olive oil

1 lemon (2-3 T fresh juice)

Salt & pepper to taste

1. Cook the quinoa according to package directions. Fluff and set aside to cool.
2. Meanwhile, prep the dressing. Whisk the red wine vinegar, Dijon mustard, oregano, garlic, 1/2 teaspoon salt (or to taste), and 1/4 teaspoon pepper (or to taste) together in a small bowl. Slowly add in the olive oil into the vinegar mixture while whisking briskly. Whisk in the lemon juice. Pour into a jar and store in the fridge while prepping the vegetables.
3. Prep the veggies: Halve the cherry tomatoes, chop the cucumber (peel if desired, we leave the peel on), finely chop a quarter of a red onion, roughly chop fresh spinach, remove the pits and chop the avocados. Finely chop the cilantro if desired.
4. In a large bowl, add in all the prepped veggies and quinoa. Remove the dressing from the fridge and shake it well and then pour over the salad\*. Toss the salad and then top with feta cheese if desired.
5. Enjoy immediately.

### NUTRITION INFORMATION

Used as a side dish this meal serves 8.

**Amount Per Serving:**

Calories: 270 calories

Total Fat: 18g

Saturated Fat: 3g

Cholesterol: 5.5mg

Sodium: 108mg

Carbohydrates: 21g

Fiber: 3g

Sugar: < 1 g

Protein: 5.5g