

Quinoa Salad with Vegetables and Avocado



The quinoa salad with vegetables and avocado is a delicious and healthy option that combines nutritious and fresh ingredients. This recipe is rich in protein, fiber and healthy fats, offering a balanced meal full of flavor.

Ingredients:

- 1 cup of quinoa;
- 2 cups of water;
- 1 medium zucchini, diced;

- 1 medium carrot, grated;
- 1 red bell pepper, cut into thin strips;
- 1 ripe avocado, diced;
- Arugula or spinach leaves (optional);
- Juice of 1 lemon;
- Extra virgin olive oil;
- Salt and pepper to taste;
- Sunflower seeds or other seeds (optional).

Preparation Method:

Wash the quinoa well under running water to remove the bitterness.

In a saucepan, bring the quinoa and water to a boil. Reduce the heat, cover and cook for about 15 minutes, or until the quinoa is tender and the water is absorbed.

While the quinoa is cooking, prepare the vegetables. Heat a frying pan with a little olive oil and sauté the zucchini, carrots and red peppers until they are lightly golden.

In a large bowl, combine the cooked quinoa and the sauteed vegetables. Add the avocado cubes on top.

Wash the salad with lemon juice and olive oil. Season with salt and pepper to taste.

If desired, add arugula or spinach leaves for a green touch and even more nutrients.

Finish the salad with sunflower seeds or other seeds to give it a crunchy texture.

Benefits of Quinoa Salad with Vegetables and Avocado:

Protein Rich Quinoa: Quinoa is an excellent source of complete protein, providing all the essential amino acids the body needs.

Nutritious Fiber: Quinoa and legumes add fiber that contributes to satiety, aids digestion and maintains healthy bowel function.

Healthy Fats: Avocados are rich in healthy monounsaturated fats, which are beneficial for heart health and help with nutrient absorption.

Vitamins and Minerals: Legumes add a variety of essential vitamins and minerals, such as vitamin A, vitamin C, potassium and antioxidants.

Balance Meal: This salad provides a balanced combination of carbohydrates, protein and healthy fats, making it a complete choice for a healthy meal.



Refreshing Flavor: The combination of fresh flavors of vegetables, avocado and lemon offers a refreshing and delicious dish.

This quinoa salad with veggies and avocado is a great choice for a light lunch, healthy dinner, or even as a packed lunch. In addition to being easy to prepare, it's a delicious way to incorporate nutritious, natural ingredients into your diet.

Video Tutorial

Watch the tutorial video for this recipe to learn how to make it in a more visual way.

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