



Dose  Nutrition

Quinoa Salad Stuffed Avocados With Hummus Dressing

BY HUMA NAZ



Serves about 6



Total time:
24 mins.



Gluten-free



Vegetarian

INGREDIENTS

- 3 avocados
- 1/4 cup quinoa, uncooked
- 1/2 cup water
- 1/2 cup canned black beans, low sodium & rinsed
- 1/3 cup tomato, diced
- 1/3 cup bell pepper, diced
- 1/3 cup cucumber, diced
- 1/3 purple onion, diced
- 1/3 cup of cilantro, chopped
- 1/3 cup of corn, canned
- 6 tbsp. of hummus dressing

DIRECTIONS

01

Rinse the quinoa with cold water and drain. In a saucepan, add quinoa, 1/2 cup water and bring to a boil. Then reduce heat to a simmer and cover the pot with a lid for about 12-14 minutes or until the liquid has been absorbed. Fluff the quinoa with a fork, place it in a medium bowl and let it sit for 5 minutes.

02

Toss the corn, black beans, chopped tomato, cucumber, onion, & bell pepper into the quinoa bowl.

03

Cut both avocados in 1/2, remove the seed, and scoop out some of the center flesh. Spoon the quinoa salad into the center of each avocado.

04

Drizzle over the hummus dressing, garnish with cilantro & serve immediately!

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RECIPE NOTES

- If you have extra quinoa salad, you can store it in an airtight container in the fridge for up to 2 days.
- Avoid cutting and stuffing the avocados until you are ready to serve.

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