



Quinoa, Avocado, & Chickpea Salad

SERVING: 1 CUP QUINOA MIXTURE; 2 CUP GREENS
YIELD: 6

PREP TIME: 20 MINS
TOTAL TIME: 1 HOUR AND 20 MINS
*At least 1 hour to chill

Ingredients

- 1 cup Water
- 1/2 cup White Quinoa, rinsed
- 1 can (15oz) Chickpeas, drained, rinsed
- 1/2 medium Red Onion, chopped
- 1 medium Red Bell Pepper, chopped
- 1 medium Avocado, chopped
- 1 cup Shredded Carrots
- 1 (5 ounce) package prewashed mixed greens, such as spring mix

Dressing

- 2 tsp Lemon Zest (about 1 lemon), grated
- 2 tbsp Lemon Juice (about 1 lemon)
- 2 tbsp Extra Virgin Olive Oil
- 1 tsp Minced Garlic
- 1 tbsp Parsley Flakes, *seasoning*
- 1/4 tsp Table Salt
- 1/4 tsp Black Pepper

Optional: Top with 3 oz
shredded grilled or
baked chicken

Directions

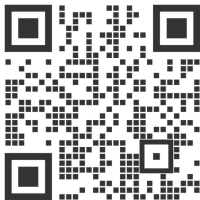
1. Bring water to a boil in a small saucepan. Stir in quinoa. Reduce heat to low, cover, and simmer until all the liquid is absorbed, about 15 minutes. Let cool for 5 minutes.
2. Chop bell pepper, onion and prepare lemon zest/juice.
3. In a large bowl, whisk together lemon zest, lemon juice, oil, minced garlic, parsley, salt, and pepper.
4. Add quinoa, chickpeas, bell pepper, onion, and shredded carrots; gently toss to combine. Chill in refrigerator for at least 1 hour.
5. After at least 1 hour, chop avocado. Combine with quinoa mixture.
6. Place 1 cup of quinoa mixture on top of 2 cups of lettuce greens. Makes 6 salads. Enjoy!

Nutrition Facts

6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.1mg	10%
Potassium 480mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Recipe adapted from
EatingWell.com

*Cost information includes
lower cost ingredients found at
local grocery store 04/14/23.



Cost Per Recipe	Cost Per Serving
\$8.11	\$1.35



A Plant-Based Protein Powerhouse

Did you know 56% of consumers recognize quinoa for its protein and fiber?⁵ And with 6 grams of protein for every 140 grams prepared,⁶ quinoa is among the best plant-based protein sources on the market today.

The increase in consumer demand for quinoa, coupled with its protein and amino acid profile make it ideally positioned to catch the tailwind of the ongoing plant-based protein alternatives trend and further accelerate quinoa's short- and long-term growth potential.

Comparison of Macronutrients in Cooked Grains 3/4 cup

	Quinoa ⁷	Brown Rice ⁸	White Rice ⁹
Energy (kcal)	170	170	180
Protein (g)	6	3.8	3.7
Fat (g)	2.7	1.3	0.4
Total Carbohydrate (g)	29.8	35.6	39.4
Fiber (g)	3.9	2.2	0.6
Starch (g) ¹⁰	24.7	33.1	38.7
Sugar (g)	1.2	0.3	0.1

2020 saw a 28% increase in consumer consumption of plant-based protein¹¹ with \$10 billion in global sales—a number projected to increase to \$14.5 billion by 2025 for a compound annual growth of 7.1%.¹²