

Fiber-Rich Quinoa Salad with Avocado Dressing (2 options)



Ingredients:

- 1 cup quinoa, rinsed.
 - 2 cups water or vegetable broth
 - 1 can (15 ounces) black beans, drained and rinsed.
 - 1 cup cherry tomatoes, halved.
 - 1 cucumber, diced.
 - 1 bell pepper, diced.
 - 1/4 red onion thinly sliced.
 - 1/4 cup fresh coriander, chopped.
 - Salt and pepper, to taste
- For the Avocado Dressing:
- 1 ripe avocado peeled and pitted.
 - Juice of 1 lime
 - 2 tablespoons extra virgin olive oil
 - 2 cloves garlic, minced.
 - 1/4 cup fresh coriander, chopped.
 - Salt and pepper, to taste
 - Water, as needed to thin.

Instructions:

1. In a medium saucepan, combine quinoa and water or vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes until quinoa is cooked and water is absorbed. Remove from heat and let it sit, covered, for 5 minutes. Fluff with a fork and set aside to cool.
2. In a large mixing bowl, combine cooked quinoa, black beans, cherry tomatoes, cucumber, bell pepper, red onion, and fresh coriander. Season with salt and pepper to taste.
3. In a blender or food processor, combine avocado, lime juice, extra virgin olive oil, minced garlic, fresh coriander, salt, and pepper. Blend until smooth, adding water as needed to reach desired consistency for the dressing.
4. Pour the avocado dressing over the quinoa salad in the mixing bowl and toss to coat evenly.
5. Taste and adjust seasoning, if necessary.
6. Serve the fibre-rich quinoa salad with avocado dressing chilled or at room temperature.
7. Enjoy your nutritious and delicious meal packed with fibre, healthy fats from avocado, and carbohydrates from quinoa and vegetables!

This salad is not only fibre-rich but also complete with healthy fats from avocado and healthy carbohydrates from quinoa and vegetables. It is a satisfying and flavourful dish that is perfect for lunch or dinner, and it's also great for meal prep. Feel free to customize the salad with your favourite vegetables and herbs to make it your own!

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Oil-Free Fiber-Rich Quinoa Salad with Avocado Dressing

The oil-free version of this recipe would particularly suit individuals who are mindful of their calorie intake and are seeking to manage or lose weight. It is also a great option for those following a whole-food, plant-based diet, which emphasizes the consumption of minimally processed foods and limits added oils. Additionally, individuals with specific dietary preferences or health concerns, such as those following a low-fat diet or managing conditions like heart disease or obesity, may find the oil-free version beneficial. By eliminating oil, this version of the recipe offers a lighter and potentially lower-calorie option without sacrificing flavour or nutrition, making it suitable for a wide range of individuals looking to prioritize healthful eating habits.

Ingredients:

- 1 cup quinoa, rinsed.
- 2 cups water or vegetable broth
- 1 can (15 ounces) black beans, drained and rinsed.
- 1 cup cherry tomatoes, halved.
- 1 cucumber, diced.
- 1 bell pepper, diced.
- 1/4 red onion thinly sliced.
- 1/4 cup fresh coriander, chopped.
- Salt and pepper, to taste

For the Avocado Dressing:

- 1 ripe avocado peeled and pitted.
- Juice of 1 lime
- 2 cloves garlic, minced.
- 1/4 cup fresh coriander, chopped.
- Salt and pepper, to taste
- Water, as needed to thin.

Instructions:

1. In a medium saucepan, combine quinoa and water or vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes until quinoa is cooked and water is absorbed. Remove from heat and let it sit, covered, for 5 minutes. Fluff with a fork and set aside to cool.
2. In a large mixing bowl, combine cooked quinoa, black beans, cherry tomatoes, cucumber, bell pepper, red onion, and fresh coriander. Season with salt and pepper to taste.
3. In a blender or food processor, combine avocado, lime juice, minced garlic, fresh coriander, salt, and pepper. Blend until smooth, adding water as needed to reach desired consistency for the dressing.

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4. Pour the avocado dressing over the quinoa salad in the mixing bowl and toss to coat evenly. If the dressing is too thick, add a little more water until desired consistency is reached.
5. Taste and adjust seasoning, if necessary.
6. Serve the oil-free fibre-rich quinoa salad with avocado dressing chilled or at room temperature.
7. Enjoy your nutritious and delicious meal packed with fibre, healthy fats from avocado, and carbohydrates from quinoa and vegetables!

This version of the recipe eliminates the use of oil in the dressing while still providing a creamy and flavourful avocado dressing. By omitting the oil, you can reduce the calorie density of the dish while still enjoying all the nutritional benefits of the ingredients.