



## Mango-Avocado & Quinoa Salad

This salad can be served as the perfect summer side dish or as an entrée by adding protein and greens. The mango and avocado combined with olive oil and fresh lemon juice make for a tasty source of vitamin C and nourishing fats, while the quinoa naturally adds heartiness and fiber to the dish.

Cooking level: **Intermediate**

**Contains: tree nuts**

Servings:  
4

Prep time:  
15 minutes

Cook time:  
25 minutes

Total time:  
40 minutes



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### What you'll need

- Large saucepan with lid
- Large mixing bowl

### Ingredients

- 3¾ cups vegetable or chicken stock
- 1½ cups organic quinoa\*
- 2 tbsp. olive oil, divided
- 2 garlic cloves, minced
- ½ cup chopped onion
- Juice of 1 lime or lemon—both work well!
- 1 cup diced ripe mango
- 1 large avocado, diced into chunks
- ¼ cup unsweetened shredded coconut\* (optional)
- ¼ cup chopped cilantro

\*Important note: Quinoa and coconut may be triggering during flare-ups.

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### Cooking steps

- 1 In a large saucepan over medium heat, add **1 tbsp. olive oil** and heat until simmering.
- 2 Sauté **½ cup chopped onion** and **2 minced garlic cloves** until onions are softened; then add **1½ cups organic quinoa**. Stir in quinoa until slightly toasted. Add **3¾ cups stock** and increase heat to high. Bring to a boil and reduce to low. Simmer for 25 minutes until all liquid is absorbed. Remove from heat and cover with lid.
- 3 Fluff quinoa after 5 minutes. Transfer to a large mixing bowl.
- 4 Once quinoa is at room temperature, toss cooked quinoa with remaining **1 tbsp. olive oil**, **1 cup diced mango**, **1 diced avocado**, **¼ cup unsweetened shredded coconut**, **citrus juice**, and **¼ cup chopped cilantro**. Serve mixture as-is or complement with grilled chicken or cubed tofu and mixed greens, adding your favorite vinaigrette.



## Nutritional info

<b>Mango-Avocado &amp; Quinoa Salad (1 serving)</b>	
Calories	<b>401</b>
Total fat	<b>23 g</b>
Saturated fat	<b>5 g</b>
Cholesterol	<b>0 mg</b>
Sodium	<b>234 mg</b>
Carbohydrate	<b>49 g</b>
Fiber	<b>10 g</b>
Sugar	<b>9 g</b>
Protein	<b>10 g</b>