

A close-up photograph of a vibrant salad in a white bowl. The salad is composed of cooked quinoa, fresh baby spinach leaves, chunks of ripe avocado, cherry tomatoes, and crumbled feta cheese. A light-colored dressing is visible, coating the ingredients. The title "Avocado, Tuna & Quinoa Salad" is overlaid in a semi-transparent white box.

Avocado, Tuna & Quinoa Salad

By Breeze Brown, RD

What You'll Need:

- ½ Cup Quinoa
- 3 Tbsp. Extra Virgin Olive Oil
- Juice from 1 Lemon
- ½ Tbsp. white wine vinegar
- 1 Packet of Tuna, drained
- 1 Avocado, de-stoned, peeled and cut into chunks
- 1 Cup of cherry tomato's
- ½ Cup Feta Cheese crumbled
- ½ Cup baby spinach (or your choice of greens)
- 2 Tbsp. pine nuts (or your choice of nuts/mixed seeds)
- Your choice of additional vegetables (chopped)
- Salt & pepper to taste

Putting it together:

1. Rinse quinoa under cold water. Follow cooking directions on package. When finished cooking, drain, then transfer to a bowl to cool.
2. In a container, combine oil, lemon juice, vinegar, salt & pepper and stir or cover and shake to combine.
3. Once quinoa has cooled, pour dressing over it and combine the remaining ingredients, seasoning again with salt & pepper to taste.
4. Perfect for serving on plates or in containers for on the go!