



Quinoa

INGREDIENTS

- ☑ 4 cups of cooked quinoa
- ☑ 1/2 small tomato, chopped
- ☑ 1/2 avocado, chopped
- ☑ 3 tablespoons of fresh dill, chopped
- ☑ 3 tablespoons of fresh scallions, chopped
- ☑ 1/4 of your pepper of choice, chopped
- ☑ Ingredients of lemon-lime dressing :
- ☑ 1/4 of extra virgin olive oil
- ☑ 1 lime, juiced
- ☑ 1/2 lemon, juiced
- ☑ 1 tablespoon of honey
- ☑ Pinch of sea salt and pepper

PREPARATION

- 1 Combine all ingredients for the lemon-lime dressing and whisk until combined.
- 2 Mix all the ingredients for the quinoa salad. Dress the quinoa to your liking. Add salt and pepper to taste. Enjoy!

Quinoa is a high fiber glutenfree high protein, good for healthy bones, filled with antioxidants, and heart-healthy. In other words, it's a superfood! Adding all these veggies to eat the rainbow and this apple-cider vinegar dressing really make it super healthy for the gut, digestion, and of course your skin. Let me know what you think and ENJOY!

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