

Avocado Protein Salad



Ingredients:

- 1 cup cherry tomatoes, washed and halved
- 1 cup quinoa
- 3 cups kale, washed and chopped
- 2 avocados, peeled and diced
- 4 tablespoons olive oil

Directions:

1. Cook quinoa according to package directions, and set aside.
2. Place all vegetables in a large bowl.
3. Add cooked quinoa to vegetables, and mix thoroughly.
4. Drizzle with olive oil and toss before serving.
5. May be eaten hot or cold. Refrigerate left overs.

Makes 2 Servings



Tarrant County Public Health
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