

## 2.8: Superfood Salad with Lemon Vinaigrette

### Ingredients

½ cup dry quinoa  
1/3 cup red onion, chopped  
1 orange, peeled and segments chopped  
1 avocado, chopped  
1 cup canned black beans, rinsed & drained  
1 cup pomegranate arils (about 1 pomegranate worth)  
1 cup frozen corn, thawed  
1/3 cup cilantro, chopped  
Salt & pepper to taste

### Lemon Vinaigrette

2 lemons, juiced (need ¼ cup juice)  
2 garlic cloves, finely minced  
Dash of liquid agave or stevia  
6 tbsp. extra-virgin olive oil  
Salt & pepper to taste



### Preparation

1. Cook quinoa according to package directions. Set aside to cool.
2. For the lemon vinaigrette: combine all ingredients in a jar with a tight-fitting lid and shake to combine. Or, add lemon juice, garlic, sweetener, salt & pepper into a small bowl and whisk in oil.
3. Combine cooled quinoa with red onion, orange segments, avocado, beans, pomegranate arils, corn, cilantro, salt & pepper.
4. Pour lemon vinaigrette over the salad and stir to combine.
5. Serve cold or at room temperature. Serves 5.

**Tip: You can add shrimp or cooked chicken breast to increase the protein & make it a dinner entrée. Nutritional info is for salad only.**

### Nutrition (per serving)

391 calories, 24g fat (3.2g sat. fat), 42g carbs, 8g protein, 9g fiber, 20mg sodium  
(50% Vitamin C, 12% Vitamin B-6, 15% iron, 27% folate)