



Broccoli, Avocado, and Quinoa Salad

4 Servings • 1 Serving = ¼ Cup

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1 small head broccoli, about ½ pound, cut into florets
- 1 small avocado, pitted and cut into cubes
- ¼ cup parsley, chopped
- ¼ cup pumpkin seeds
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- Juice of ½ lemon
- 1 Tablespoon extra virgin olive oil

DIRECTIONS

1. Combine 1 cup quinoa and 2 cups water in a stock pot. Over medium-high heat, bring to a boil, and then reduce heat to a simmer. Cover and cook until liquid is absorbed, and quinoa has puffed open, about 28 minutes. Set aside for 5 minutes, then fluff with a fork.
2. Meanwhile, prepare an ice bath by combining ice and water in a large bowl. Bring a pot of water to a boil and add the florets of the broccoli. Boil for 30 seconds, until the broccoli turns bright green. Drain immediately and place into the ice bath. Remove the florets from the ice bath and set aside to drain well.
3. In a large bowl, combine the quinoa, broccoli, avocado, parsley, and pumpkin seeds.
4. In a small bowl, combine the salt, black pepper, lemon juice and extra virgin olive oil. Whisk with a fork until emulsified and pour over the quinoa medley. Toss gently and serve.

Nutrition Facts

4 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 5mg	30%
Potassium 457mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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