



QUINOA CHICKPEA AVOCADO SALAD

RECIPE AND INGREDIENT FACTS SHEET

What is Quinoa?

- Quinoa is a gluten-free seed that cooks like a grain and is often used as a nutritious alternative to rice or pasta.
- Naturally high in protein, fiber, and essential vitamins and minerals, quinoa is a versatile ingredient that supports a balanced diet.



Health Benefits of Quinoa

- **Complete Plant Protein** – with all nine essential amino acids
- **Rich in Vitamins and Minerals** – iron, magnesium, zinc, B vitamins
- **Gluten-free** – safe for celiac diets



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Recipe

Ingredients

- 1 cup quartered grape tomatoes
- 15 oz. can garbanzo beans (rinsed and drained)
- 1 cup cooked quinoa
- 2 tbsp red onion (minced)
- 2 tbsp cilantro (minced)
- 1 ½ limes (juice of)
- kosher salt and fresh pepper (to taste)
- 1 cup diced cucumber
- 4 oz. diced avocado (1 medium hass)

Instructions

1. Combine all ingredients except the avocado and cucumber. Season with salt and pepper to taste.
2. Refrigerate until ready to serve.
3. Just before serving, stir in the cucumber and avocado.



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Health Benefits of Garbanzo Beans

Garbanzo beans (chickpeas) are a versatile legume used in soups, stews, salads, and spreads, and they provide several health benefits:

- **Protein** – supports muscle health and makes chickpeas a satisfying plant-based option.
- **Fiber** – promotes healthy digestion, supports blood sugar control, and helps with satiety.
- **Folate & Iron** – essential for red blood cell formation and energy metabolism.
- **Magnesium & Potassium** – support heart health and help regulate blood pressure.
- **Antioxidants** – protect cells from oxidative stress and inflammation.

Garbanzo beans deliver a nutrient-rich source of protein, fiber, and minerals that support heart health, blood sugar balance, and overall wellness.

Health Benefits of Avocado

Avocado is a creamy fruit enjoyed on its own or in dishes like salads, toast, and guacamole, and its nutrients provide several health benefits:

- **Monounsaturated Fats** – support heart health by lowering LDL (“bad”) cholesterol and raising HDL (“good”) cholesterol.
- **Fiber** – aids digestion, promotes fullness, and helps regulate blood sugar.
- **Potassium** – helps maintain healthy blood pressure and fluid balance.
- **Folate** – supports cell repair, DNA synthesis, and healthy pregnancy outcomes.
- **Antioxidants (Lutein & Zeaxanthin)** – protect eye health and reduce oxidative stress.

Avocados deliver heart-healthy fats, fiber, and protective nutrients that support cardiovascular, digestive, and overall wellness.

Quinoa Cooking Guide

	Amount uncooked	Liquid needed	Cooking time	Yield
Quinoa (rinsed)	1 cup	2 cups	about 35 minutes	3 cups

1. Bring water or broth to a simmer. Then stir in quinoa.
2. Reduce the heat to low, cover and let it cook for 15 minutes.
3. Take the pot off the heat and let it sit (covered) for an additional 20 minutes. The cooked quinoa will continue to release steam during this time.
4. Fluff with a fork and enjoy!