

## Southwestern Quinoa Salad with Avocado Dressing

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Serves:** 4

### Ingredients:

#### Salad:

- 1 cup uncooked quinoa
- 1 (15 oz.) can black beans, drained and rinsed
- 1 small punnet (200 g) grape tomatoes
- 1 orange bell pepper, diced
- 1 large avocado, peeled, seeded and diced
- ½ cup diced cucumber, seeds removed
- ½ cup sweet corn (canned or unfrozen)
- ¼ cup diced red onion
- Salt and pepper, to taste
- 1 lime, for juicing over the salad
- ¼ cup chopped cilantro

#### Avocado Dressing:

- 1 ripe avocado, peeled and seeded
- ¼ cup silken tofu
- 1 clove garlic, minced
- 3 tbsp. water
- 2 tbsp. chopped cilantro
- 1 tbsp. tahini
- 1 tbsp. chopped green onion
- 1 tbsp. fresh lime juice
- ¼ tsp. ground cumin
- 1/8 tsp. chili powder
- Salt and pepper, to taste



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### Directions:

1. Place the quinoa along with 2 cups salted water in a medium saucepan. Cover and bring to a boil, then reduce to the lowest heat setting. Simmer until water is completely absorbed and quinoa is fluffy, about 20 minutes.
2. While the quinoa is cooking, make the avocado dressing. Combine all of the dressing ingredients in a blender or food processor and blend until smooth.
3. In a large bowl, combine quinoa, black beans, tomatoes, bell peppers, avocado, cucumber, corn, red onion. Pour dressing over quinoa salad and stir until salad is well coated. Season with salt and pepper. Squeeze fresh lime juice over the salad, so the avocado doesn't brown. Garnish with chopped cilantro and serve at room temperature or chilled.

Source: <http://vegangela.com/2014/02/05/southwestern-quinoa-salad-with-creamy-avocado-dressing/>