

Quinoa Salad with Mango & Avocado



This recipe is not only delicious but also packed with essential nutrients that will help you stay healthy during the hot days. Let's get started!

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 ripe mango, peeled and diced
- 1 ripe avocado, peeled and diced
- 1 cucumber, peeled and diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 lemon (juice)
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions:

1. Cook the Quinoa:

First, we will cook the quinoa. Rinse one cup of quinoa under cold water to remove any residue. Place the quinoa in a pot with two cups of water and a pinch of salt. Bring to a boil, then reduce the heat and simmer for about 15 minutes, or until the water is absorbed and the quinoa is fluffy. Let it cool.

2. Prepare the Fresh Ingredients:

While the quinoa is cooling, we will prepare the fresh ingredients. Dice the mango, avocado, and cucumber into small cubes. Finely chop the red onion and cilantro.

3. Mix the Ingredients:

In a large bowl, combine the cooled quinoa with the mango, avocado, cucumber, red onion, and cilantro. Gently mix to ensure all ingredients are evenly distributed.

4. Season the Salad:

For the dressing, squeeze the juice of one lemon and mix it with two tablespoons of olive oil. Pour the dressing over the salad and mix well. Add salt and pepper to taste.

5. Serve and Enjoy:

And that's it! Our quinoa salad with mango and avocado is ready to be served. It's perfect as a light main dish or as a side. Ideal for picnics or just enjoying at home.

Nutritional Benefits:

This salad is not only delicious but also very nutritious. Quinoa is an excellent source of complete proteins and fiber, mango provides vitamins A and C, avocado is rich in healthy fats, and cucumber offers hydration and freshness. It's a perfect combination to keep you energized and nourished during the summer.

We hope you enjoy this recipe and that it helps you stay healthy this summer. Don't forget to follow us on SAIN MEDICAL for more health and wellness tips, as well as nutritious recipes. If you have any questions or suggestions, feel free to call. See you next time, and have a healthy and delicious summer!

Thank you for your attention and for trusting SAIN MEDICAL with your health and wellness! Contact us at +52 653 5367800 or email info@sainmedical.com