

Chipotle Lime Dressing

Prep Time: 5 minutes
Total Time: 5 minutes

Serving Size: 4
Calories per serving: 37
Fat per serving: 1.7g

Ingredients

- ¼ cup water + 1 tablespoons chia seeds OR ¼ cup olive oil
- 1/4 cup lime juice
- 1/2 - 1 chipotle chile in adobo sauce (The dish will be HOT if you use 1)
- 4 cloves garlic, minced
- 1/2 cup fresh cilantro, chopped
- 1 teaspoon honey or agave nectar
- 1 teaspoon ground cumin
- 1 teaspoon sea salt

Instructions

1. In a small bowl combine water and chia seeds. Whisk well and set aside for 10 to 15 minutes until a gel forms. (If you don't have chia seeds you may substitute ¼ cup of olive oil.)
2. Combine chia gel in a jar or blender and add remaining ingredients. Shake or process until combined.

Notes

With Chia: Servings 4, Calories 37, Fat 1.7g, Carbohydrates 5.8g, Protein 1.4g, Cholesterol 1.4g, Sodium 552mg, Fiber 2g, Sugars 1.8g, WW Points 1 With Oil: Servings 4, Calories 142, Fat 14.4g, Carbohydrates 4.8g, Protein .4g, Cholesterol 0mg, Sodium 531mg, Fiber .7g, Sugars 2.3g

<http://www.cookingquinoa.net/quinoa-salad-with-avocado-and-chipotle-lime-vinaigrette>