

Avocado Quinoa Salad with Chipotle Lime Dressing

Prep Time: 7 minutes
Total Time: 7 minutes

Yield: 4 servings
Calories per serving: 270
Fat per serving: 10.8g

Ingredients

- 1 ½ cups pinto beans, drained and rinsed
- 1 ½ cups cooked quinoa
- 1 cup grape tomatoes, quartered
- ½ cup fresh cilantro
- 1 avocado, pitted and chopped
- Chipotle Lime Vinaigrette (recipe below)

Instructions

1. In a medium bowl combine pinto beans, quinoa, tomato, cilantro and avocado. Toss with desired amount of dressing and serve chilled or at room temperature. Drizzle with additional dressing as desired

Notes

With Chia Dressing: Servings 4, Calories 270, Fat 10.8g, Carbohydrates 37.6g, Protein 9.8g, Cholesterol 0mg, Sodium 489mg, Fiber 11.2g, Sugars 3.1g, WW Pts 7 With Oil Based Dressing: Servings 4, Calories 360, Fat 22.2g, Carbohydrates 36.1g, Protein 9g, Cholesterol 0mg, Sodium 489mg, Fiber 10g, Sugars 3.1g, WW Pts 10

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