



Serves 6

Preparation Time: 20 minutes

INGREDIENTS:

1½ cups cooked quinoa

1½ cups cooked fresh or thawed frozen corn

2 medium avocados, diced

1 cup cherry tomatoes, halved

½ medium red onion, diced small

¼ cup chopped fresh cilantro

Zest of 1 lime and 2 tablespoons fresh lime juice

Sea salt, to taste

Quinoa, Corn, and Avocado Salad

Quick-cooking quinoa makes this a perfect salad for when you need a delicious dish pronto. It is also great for a last-minute potluck, or when company comes over unexpectedly. Scroll down to see the recipe video.

Photo by *Eco-Vegan Gal*

<https://www.youtube.com/watch?v=Hw9ZjtOkfTk>

By Del Sroufe

1 Combine everything in a large bowl and mix well.