

# Creamy avocado, orange & quinoa salad



Makes 5 regular serves

## Ingredients

1 cup quinoa, uncooked  
3 oranges, segmented 500g  
2 avocados, cut into 1cm cubes 200g  
150g rocket

## Dressing

Juice of ½ orange 100ml  
2 tbsp balsamic vinegar  
2 tbsp extra virgin olive oil  
¼ tsp salt

## Method

1. Cook quinoa. Cool.
2. In a large stainless steel bowl, whisk together olive oil, balsamic vinegar, orange juice and salt.
3. Add quinoa and orange segments, gently toss to coat.
4. Gently fold in rocket and avocado.

“ This salad is a delicious combination of healthy plant based ingredients providing a profile that is nutrient rich but not energy dense. Quinoa is a healthy seed and alternative for rice, it has a low GI and slightly higher protein content than rice. Oranges provide a lovely natural sweetness with vitamin C. Avocados contribute the creaminess and are high in healthy monounsaturated oil – considered a heart healthy oil, they are also high in vitamins and minerals including vitamin K folic acid, niacin, riboflavin, potassium, magnesium and iron. Avocados provide a good source of dietary fibre.

**Mary du Heaume**  
Dietitian APD  
HBF Member Health Coach

”

## Nutrition information

Servings per recipe: 1 | Serving size: 250 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1050 kJ	418 kJ
Protein	4.3 g	1.7 g
Fat, total	16.6 g	6.6 g
- saturated	3.2 g	1.3 g
Carbohydrate	17.7 g	7.1 g
- sugars	10.2 g	4.1 g
Sodium	111 mg	44 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

For more healthy recipes please visit [hbffitness.com.au](http://hbffitness.com.au)

**hbf**