

Quinoa with Spinach and Feta



MAKES 6 SERVINGS

Ingredients:

- 1 Tbsp avocado oil
- ¼ c red onion, chopped
- 3 garlic cloves, minced
- 1 c quinoa
- 1 c vegetable stock
- 1 c water
- 1 avocado, cut into bite-sized pieces
- 1 c cherry tomatoes, halved
- 4 c fresh spinach, chopped
- ½ c feta cheese
- 1 lemon, juiced
- ¼ tsp cracked black pepper

Directions:

Warm oil in pan over medium heat. Saute onion and garlic for 3-4 minutes. Add quinoa, stock, and water; stir. Cover and simmer for 20 minutes or until quinoa is tender. Remove from heat and allow quinoa to cool completely. Add avocado, tomatoes, spinach, feta, lemon juice, and pepper. Mix thoroughly. Store in the refrigerator until ready to serve.

