Avocado, Kale and Quinoa Salad



Serves 4

Ingredients

2 large avocados, seeded, peeled and chopped
1 cup uncooked quinoa or rice
2 cups water
Pinch of sea salt
¼ cup extra virgin olive oil
2 tablespoons lemon balsamic vinegar
Zest of one medium lemon
1 tablespoon fresh lemon juice
1 teaspoon Dijon mustard
¼ teaspoon of sea salt
Fresh cracked black pepper to taste
3 cups chopped kale
1 can of black beans, rinsed
2 cobs of corn, husked, boiled and grilled
Cilantro leaves for garnish
1 lime, cut into wedges for garnish

Preparation

1. Combine the quinoa, water and salt in a medium saucepan. Bring the water to a boil, and after the water begins to boil, reduce the heat to low and cover the pan.
2. Gently simmer, covered, for 15 minutes (there may still be some water not yet absorbed). Remove from heat.
3. Keeping the pan covered, let stand for 5 minutes or until the remaining water is absorbed.

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4. Remove the lid and gently fluff the quinoa with a fork. Set aside to cool.
5. In a bowl, whisk together the olive oil, balsamic vinegar, lemon zest, lemon juice, mustard, salt and pepper. Set aside.
6. With a sharp knife, cut the corn kernels away from the husk.
7. In a large bowl, toss together the cooked quinoa, kale, black beans, corn and avocado. Toss with the dressing, and serve at room temperature or chilled. Garnish with cilantro and a lime wedge.