



## Cucumber Almond Crunch Quinoa Salad

**Yield:**

4 servings

**Ingredients:**

2 cups cooked quinoa  
1 cup sliced cucumber  
1 cup thinly sliced celery  
1 cup fresh apricots, cut into wedges  
1 yellow bell pepper, cut into thin strips  
1 cup slivered almonds  
1 avocado cut into large chunks  
Chopped parsley

**Lemon Dijon Vinaigrette Dressing**

$\frac{1}{4}$  cup lemon juice (1 lemon) and zest  
1/3 cup olive oil  
1 tbsp Dijon mustard  
1 tbsp honey  
Salt and pepper

**Directions:**

In a large bowl, top quinoa with cucumbers, celery, apricots, bell peppers and avocados. Sprinkle on parsley and almonds. Toss with dressing.