



# QUINOA WITH SPINACH AND FETA

## **MAKES 6 SERVINGS**

### **Ingredients:**

- 1 c quinoa
- 1 c vegetable stock
- 1 c water
- 1 tsp cracked black pepper
- ¼ c red onion, chopped
- 1 avocado, cut into bite size pieces
- 1 Tbsp avocado oil
- ½ c cherry tomatoes, halved
- ¼ c fresh spinach, chopped
- ⅓ c feta cheese
- 1 lemon, juiced
- 3 garlic cloves, minced

### **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.