

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Avocado/Black Bean/Quinoa Salad*

### **INGREDIENTS:**

- 1 cup cooked quinoa (or grain of choice)
- 1 avocado, mashed
- 1/4 cup finely diced red onion
- 1/2 cup chopped cilantro
- 2 TBS lime juice
- 1 tsp cumin
- salt & pepper to taste
- 2 TBS honey or agave
- 1 can (14 oz) drained and rinsed black beans (chickpeas work well for this too!)
- 3/4 cup diced strawberries



NOTE: feel free to add some more mix-ins, like mango, pineapple, or some dried apricots and chopped macadamia nuts!

### **DIRECTIONS:**

- ♥ Mix first 8 ingredients (quinoa-sweetener) together very well, mashing everything together with the back of your fork if need be.
- ♥ Stir in beans and berries, stuff into avocado halves or pile high on a bed of greens!

Compliments of Eat Your Heart Out Edibles

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