

# Avocado and Chickpea Quinoa Salad

The Kind Life recipe via Alicia Silverstone – <http://thekindlife.com>

## Ingredients

1/2 cup dry quinoa  
2 cups vegetable broth  
2 cups spinach  
1 cup cilantro  
1/4 cup onion  
2 teaspoons garlic  
2 cups chickpeas, rinsed and drained  
1 cup cherry tomatoes, cut in half  
2 avocados, chopped  
1 lemon, zested  
2 lemons, juiced  
2 teaspoons Dijon mustard  
2 teaspoons olive oil  
1 teaspoon agave nectar  
1/2 teaspoon cumin



## Directions

1. Start by making the quinoa: soak the quinoa in a pot in the vegetable broth for about 15 minutes. Turn the heat on to medium-high and let the quinoa come to a boil. Once it boils, reduce the heat to medium-low and let the quinoa simmer. Stir every so often and cook quinoa about 20-25 minutes, just until the liquid is absorbed – don't let it dry out completely, though; when there is just a tiny amount of liquid left in the pot, remove it from the heat and cover. Set aside to cool.
2. Meanwhile, put the spinach and cilantro in a food processor. Process until the greens are finely diced. (You can do this by hand if you don't have a food processor.) Put the greens in the serving bowl and set aside.
3. As long as the food processor is out and dirtied, use it to chop the onion and garlic, then add to the greens mixture. Add the chickpeas to the serving bowl and mix well. When your quinoa has cooled, add it to the bowl as well, along with the tomatoes.
4. Make the dressing by whisking all the remaining ingredients together, adding salt and pepper to taste. Pour over salad and mix until combined. You can set the salad aside for 10-15 minutes to allow the flavors to meld. Serve and top with avocado.

<http://www.kathyshealthyliving.com/recipes.html>

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