

Rainbow Chard and Avocado Quinoa

Preparation time: 20 minutes / Serves 4-6



I N G R E D I E N T S

- 1 cup of quinoa
- 1 bunch of **FOXY Organic Rainbow Chard**,
roughly chopped
- 1 bunch of **Foxy Organic Asparagus**,
roughly chopped
- 1 tablespoon quality olive oil
- 1 ripe avocado, sliced into bite size pieces
Salt
- 1/8 cup quality olive oil, I used orange infused
- 1-2 tablespoons of champagne vinegar,
any vinegar would work

P R E P A R A T I O N

Cook the quinoa according to instructions

Sauté the asparagus and rainbow chard in one tablespoon olive oil until cooked.

In a small glass or jar mix the olive oil and vinegar together.

Once everything is ready, mix the quinoa, asparagus, chard, and vinaigrette in a large bowl with the avocado. Season with salt and enjoy.