Blueberry Quinoa Power Bowl

INSTRUCTIONS

Bowl Instructions
1. Prepare quinoa according to package directions; cool.
2. Combine cooled quinoa, blueberries, avocado, watercress and walnuts.

Lemon Vinaigrette Instructions
1. Whisk olive oil, lemon juice, kosher salt and pepper until blended.
2. Stir in lemon zest.
3. Toss with quinoa salad until evenly coated.

INGREDIENTS

Bowl Ingredients
- 1 cup uncooked quinoa
- 1 cup frozen blueberries, thawed
- 1 avocado, pitted and diced, about 1 cup
- 1 bunch watercress, leaves only, about 2 cups leaves
- 1/2 cup toasted chopped walnuts

Lemon Vinaigrette Ingredients
- 1/4 cup olive oil
- 2 Tbs. lemon juice
- 3/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 tsp. lemon zest

Servings: 6 cups  Prep Time: 10 min  Cook Time: 20 min