

Lemony Quinoa Lettuce Wraps

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
1 Lemon (juiced)
1 Garlic (clove, small, minced)
1/2 tsp Sea Salt
1/2 cup Parsley (finely chopped)
1 Avocado (diced)
1/4 Cucumber (finely chopped)
2 tbsps Sunflower Seeds
1/2 head Romaine Hearts (leaves separated)

NUTRITION

AMOUNT PER SERVING

Calories	384	Carbs	42g
Fat	22g	Protein	11g

DIRECTIONS

- 01 Cook the quinoa according to package directions then transfer to a mixing bowl to cool slightly.
- 02 In a small mixing bowl combine the lemon juice, garlic and salt.
- 03 Add the parsley, avocado, cucumber and sunflower seeds to the cooked quinoa. Stir to combine. Add the lemon juice mixture and stir. Season the quinoa salad with additional salt or lemon juice if needed.
- 04 To serve, divide the quinoa salad between lettuce leaves. Enjoy!