



# Salmon Quinoa and Walnut Stuffed Avocados

**Pro tip:** You can often find fully-cooked quinoa in the freezer aisle, or cook it at home: Combine 1 cup uncooked quinoa with 1 3/4 cup water. Bring to a boil, cover, reduce heat to medium, and simmer 15 minutes. Remove from heat and let sit covered for 10 minutes. Fluff with a fork.

## Ingredients

- 1 (8 ounce) salmon fillet
- 3 large avocados
- 1 1/2 cup cooked quinoa
- 1/2 cup walnuts, toasted and chopped (plus additional for garnish)
- 1/3 cup minced red onion
- 2 teaspoons fresh basil, finely chopped (optional)
- 1/4 cup extra virgin olive oil
- 3 tablespoons lemon juice
- 1 clove garlic, minced
- salt and pepper to taste

## Instructions

1. Cook the salmon fillet on a well-oiled grill over medium-high heat for 3 to 4 minutes on each side or until it's cooked through. Remove from grill and remove skin. Let cool then flake with a fork.
2. Cut avocados in half and carefully remove pits. Cook cut side down on a well-oiled grill over medium-high heat for 1 minute or until nicely grill-marked.
3. Place quinoa, walnuts and onion in a large bowl.
4. Whisk together all vinaigrette ingredients in a small bowl and pour over quinoa mixture. Toss lightly to coat, then lightly stir in salmon.
5. Scoop mixture into avocado halves and top with basil. Garnish with additional walnuts, if desired.

*Picture and recipe adapted from walnuts.org  
Makes 6 servings*