

Grilled Avocado Quinoa Boats



(Serves 8)

- 4 avocados, halved and pitted
- 1 tsp (5 ml) extra virgin olive oil
- 1 tsp (5 ml) Windsor® Salt Free
- 2 tsp (10 ml) fresh lemon juice

Tomato Filling

- 1/3 cup (90 ml) quinoa
- 1 1/4 tsp (6 ml) Windsor Salt Free, divided
- 2 tsp (10 ml) extra virgin olive oil
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) lemon zest
- 1/4 cup (60 ml) finely chopped basil leaves
- 1/4 cup (60 ml) finely chopped parsley
- 3/4 cup (185 ml) small or Cocktail tomatoes (finely chopped)
- Windsor Black Peppercorns (freshly ground) to taste

Garnish (optional)

- Small basil leaves

Recipe Preparation

Prepare Filling:

1. Prepare quinoa with 1/4 tsp (1 ml) of Salt Free according to directions on package. Let cool.
2. Mix cooked quinoa with olive oil, lemon juice, basil, parsley, remaining 1 tsp (5 mL) Salt Free and black pepper. Gently toss in tomatoes. Taste for seasoning and add more lemon juice, herbs, Salt Free and black pepper if needed. Set aside.

Prepare Avocados:

1. Preheat grill to 400°F (205°C).
2. Lightly brush avocado halves with olive oil. Sprinkle Salt Free over cut side of avocados.
3. Grill avocados cut side down for 3 to 4 minutes or until avocados are warm, lightly cooked, and have grill marks. Remove from grill and brush with lemon juice.

Finishing touches:

1. Fill cavities of avocados with tomato filling. Garnish with basil leaves if using. Serve immediately.



Tip: Quinoa can be cooked a day or two in advance, tossed with 1 tsp of olive oil and kept in an airtight container in fridge until ready to use.

