

Protein-Packed Quinoa Bowl with Veggies and Lemon Dressing

When you need something quick, wholesome, and satisfying, this



TIME
15 min

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INGREDIENTS

- 1 cup cooked quinoa
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

DIRECTIONS

1. In a large bowl, combine cooked quinoa, diced cucumber, cherry tomatoes, and avocado.
2. In a small bowl or jar, whisk together olive oil, lemon juice, and a pinch of salt and pepper.
3. Drizzle the dressing over the quinoa bowl and toss gently to combine.
4. Serve immediately, or chill for 15 minutes to let the flavors meld.

SWAPS & NOTES

Quinoa : Swap with farro, couscous, or brown rice.

Veggies : Add chopped spinach, kale, or shredded carrots for variety.

Avocado : Use guacamole if you're out of fresh slices.

Dressing Tip : Want a creamier version?

TIPS FOR SUCCESS

Cool the quinoa slightly before mixing to avoid wilting the veggies.

Add toppings like pumpkin seeds, feta, or chickpeas for extra texture and protein.

Great for meal prep -store in airtight containers for up to 3 days (add avocado fresh if possible). ?

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Original recipe: <https://chefmaniac.com/protein-packed-quinoa-bowl-with-veggies-and-lemon-dressing/>