

# Grilled Avocado Halves

## WITH CUMIN-SPICED QUINOA AND BLACK BEAN SALAD

### Ingredients:



#### The grilled avocados:

- 3 avocados
- 1 to 2 tablespoons olive oil
- 2 lemons, juiced
- Salt and pepper, to taste

#### The quinoa and black bean salad:

- 1 cup dry quinoa
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons maple syrup
- 2 teaspoons Dijon mustard
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- black pepper, to taste
- 1 cup diced cucumber
- 1 cup diced red bell pepper
- 1/2 cup raw corn kernels
- 1 1/2 cups cooked black beans
- 10 to 15 basil leaves, cut in a chiffonade
- 1/4 cup chopped fresh cilantro, plus extra for garnish

### Directions:

1. Lightly oil your grill and bring to medium heat.
2. Rinse the quinoa through a fine sieve for a minute. Place quinoa in a medium sized pot with 2 cups of water and a pinch of salt. Bring to a boil, then reduce to a simmer. Cover and simmer for 15 minutes, or until all the liquid is absorbed. Fluff with a fork and allow to rest, covered, for 10 mins.
3. Meanwhile, cut the avocados in half and remove pits. Brush the avocados lightly with olive oil and drizzle with lemon juice. Sprinkle with salt and pepper. Place the avocados, cut side down, on the grill. Allow them to cook for 5 minutes, or until they have nice grill marks. Remove from heat and set aside.
4. In a small bowl, whisk together olive oil, vinegar, maple syrup, mustard, cumin, salt, and pepper to taste.
5. To a large mixing bowl, add the cooked quinoa, cucumber, pepper, corn, black beans, basil, and cilantro. Dress the salad and toss gently. Season to taste.
6. Fill each avocado half till brimming over with a cup of quinoa salad. Serve, garnished with extra cilantro if desired.