

## Lactose Restricted Diet

### QUINOA ORANGE AVOCADO & ALMOND SALAD

½ cup quinoa  
1 large naval orange  
1 Tbs. wine vinegar  
1 tsp. mayonnaise  
1 tsp. Dijon mustard  
½ tsp. kosher salt  
2 Tbs. extra-virgin olive oil  
½ cup diced cucumber  
4 cups salad greens  
½ cup avocado, diced  
¼ cup toasted slivered or sliced almonds

#### Step 1:

Cook quinoa according to package instructions. Put cooked quinoa in a fine mesh sieve and rinse under cool to cold water. Drain well. Peel and slice orange. Put orange slices into bite-sized pieces.

#### Step 2:

In a large bowl, whisk together vinegar, mayonnaise, mustard, salt and oil. Toss quinoa, orange, cucumber and salad greens in the large bowl with dressing. Top with avocado and almonds.

Serves 2.