



Quinoa Avocado Salad with Buttermilk Dressing

Source: [EatingWell](#)

Persimmons add sweetness to this healthy avocado salad. Crispy fried quinoa adds unexpected crunch, putting the salad over the top in the best way.

Ingredients

- 1/4 cup buttermilk
- 1/4 cup crème fraîche
- 2 tablespoons white balsamic vinegar
- 5 tablespoons lemon juice, divided
- 2 tablespoons minced shallot
- 1 small clove garlic, grated
- 1/2 teaspoon salt, divided
- 1/8 teaspoon ground pepper plus 1/4 teaspoon, divided
- 2 tablespoons grapeseed or avocado oil, divided
- 1 1/4 cups cooked quinoa, divided
- 2 heads Belgian endive, cut into 1/2-inch pieces
- 2 firm ripe Fuyu persimmons or pears, thinly sliced
- 2 ripe avocados, sliced
- 1/4 cup chopped fresh dill

Directions

1. Whisk buttermilk, crème fraîche, vinegar, 1 tablespoon lemon juice, shallot, garlic, 1/4 teaspoon salt and 1/8 teaspoon pepper in a small bowl. Set aside.
2. Heat 1 tablespoon oil in a medium skillet over medium-high heat. Add 1/4 cup quinoa and cook, stirring occasionally, until crispy, 3 to 4 minutes. Transfer to a plate and let cool.
3. Combine endive and persimmons (or pears) with the remaining 1 cup quinoa, 1 tablespoon oil, 2 tablespoons lemon juice and 1/8 teaspoon each salt and pepper in a medium bowl; toss to coat. Spread on a platter. Drizzle avocado with the remaining 2 tablespoons lemon juice and sprinkle with the remaining 1/8 teaspoon each salt and pepper. Arrange on the platter. Drizzle with the reserved dressing. Serve topped with dill and the crispy quinoa.

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Yield: 6 cups