



Grilled Stuffed Avocado

Ingredients

2 ripe avocados
1 cup cooked quinoa (or any cooked grain of your choice)
1/2 cup black beans, drained and rinsed
1/2 cup corn kernels (fresh or frozen)
1/4 cup diced red bell pepper
1/4 cup diced red onion
1/4 cup chopped fresh cilantro
Juice of 1 lime
1 teaspoon ground cumin
1/2 teaspoon chili powder
Salt and pepper, to taste
Olive oil, for brushing

Instructions

Preheat your grill to medium-high heat. Cut the avocados in half and remove the pits. Brush the cut sides lightly with olive oil. Place the avocado halves, cut side down, on the preheated grill. Grill for about 2-3 minutes, until grill marks appear. Remove from the grill and set aside.

In a mixing bowl, combine cooked quinoa, black beans, corn kernels, diced red bell pepper, diced red onion, chopped cilantro, lime juice, ground cumin, chili powder, salt, and pepper. Mix well to combine.

Spoon the quinoa mixture into the center of each grilled avocado half, filling them generously. Press down gently to pack the filling. Place the stuffed avocado halves back on the grill, stuffed side up. Grill for another 5-7 minutes, until the filling is heated through and slightly charred.

Carefully remove the grilled stuffed avocados from the grill and transfer them to a serving platter or individual plates. Serve hot, topped with zesty adobo sauce. See below.

Zesty Adobo Sauce

1/2 cup vegan mayonnaise
1 chipotle pepper in adobo sauce, minced
1 tablespoon adobo sauce (from the chipotle pepper can)
2 tablespoons lime juice
1 clove garlic, minced
1 teaspoon smoked paprika
Salt and pepper to taste

Instructions

In a small bowl, combine the vegan mayonnaise, minced chipotle pepper, adobo sauce, lime juice, minced garlic, and smoked paprika. Stir until well combined.

Taste the sauce and season with salt and pepper according to your preference. If you prefer a thinner sauce, you can add a little bit of water or more lime juice to reach your desired consistency. Refrigerate the sauce until ready to use.