

Edamame Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
1 cup Frozen Edamame
3 tbsps Avocado Oil
1 tbsp Lime Juice
1 tbsp Tamari
2 tsps Sesame Oil
2 tsps Maple Syrup
2 stalks Green Onion (sliced)
1/2 Red Bell Pepper (chopped)
1/2 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	512	Carbs	42g
Fat	32g	Protein	17g

DIRECTIONS

- 01 Cook the quinoa according to package directions. Set aside to cool.
- 02 Bring a small pot of water to a boil and add the edamame. Cook for 1 to 2 minutes just until the edamame are cooked through. Drain and set aside to cool.
- 03 Add the avocado oil, lime juice, tamari, sesame oil, and maple syrup to a jar. Cover and shake well to combine.
- 04 In a large mixing bowl, add the cooked quinoa, edamame, green onion, red pepper, cilantro, and dressing. Stir well to combine.
- 05 Divide between plates and enjoy!