

Quinoa Edamame Salad

Garlic gives this protein packed flavor intensive quinoa edamame salad a kick! Serve as a side or enjoy as a light meal any time of day.

Ingredients

5 cups cooked Quinoa, cooled
1 cup shelled Edamame (soybeans)
1 cup Shredded Carrot (about 2-3 carrots)
1 cup Red Bell Pepper, very finely chopped (about 1 bell pepper)
2 cups Persian or English Cucumber, finely diced
2 tablespoons Scallions, finely chopped (white and green parts)
1 teaspoon Garlic, finely minced (about 1 large clove)
1 cup finely chopped Italian Parsley, packed
2 tablespoons finely chopped Cilantro, packed
¾ cup Grapeseed Oil
2 teaspoons Rice Vinegar (unseasoned)
3 teaspoons Toasted Sesame Oil
¼ cup + 2 tablespoons fresh Lime Juice, or to taste
2 ½ teaspoons Salt, or to taste
1 ¼ teaspoon Black Pepper, or to taste

Preparation

Combine quinoa, edamame, carrot, red bell pepper, cucumber, scallions, garlic, parsley, and cilantro in a large mixing bowl. Add grapeseed oil, rice vinegar, toasted sesame oil, lime juice, salt and pepper, toss and serve.

Serves 4-6

*1 ½ cups uncooked Quinoa yields to about 6 cups cooked

*Shred carrots in a food processor using shredded disk for best results.