

# Edamame Quinoa Salad

10 ingredients · 30 minutes · 2 servings



## Directions

---

1. Cook the quinoa according to package directions. Set aside to cool.
2. 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.
3. Add the avocado oil, lime juice, tamari, sesame oil, and maple syrup to a jar. Cover and shake well to combine.
4. In a large mixing bowl, add the cooked quinoa, edamame, green onion, red pepper, cilantro, and dressing. Stir well to combine.
5. Divide between plates and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups of salad.

### More Flavor

Add garlic, ginger or hot sauce to the dressing.

### More Vegetables

Add cucumber, grated carrot, kale or purple cabbage.

### No Tamari

Use coconut aminos instead.

## 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)