

# QUINOA EDAMAME SALAD WITH GINGER DRESSING

## Salad Ingredients:

- 1 1/2 cup water or broth
- 1 cup quinoa
- Drizzle of olive oil
- Salt and pepper, to taste
- 1/2 cup shelled edamame
- 1/2 cup shredded carrots
- 1 cucumber, diced
- 1 bell pepper, diced
- 1 bunch green onion, diced
- 1 cup cabbage, shredded

## Dressing Ingredients:

- 1 Tbsp rice wine vinegar
- 1 Tbsp soy saue
- 1 Tbsp sesame oil
- 1/8 tsp ginger
- 1/2 tsp garlic
- 1/2 lime, juiced
- 1 Tbsp maple syrup
- 1/4 cup water

## Directions:

1. Heat water or broth in a medium pot over high heat. Once at a boil, pour in quinoa; drizzle olive oil, and add salt and pepper. Cover and cook for ~10-15 minutes.
2. Meanwhile, prepare salad ingredients by placing all vegetables into a large bowl.
3. Mix together all dressing ingredients in a small bowl.
4. Once quinoa is cooked and slightly cooled, add to vegetable mixture and combine. Add dressing and mix well.
5. Enjoy!



PREP Time: 10-15 minutes  
COOK Time: 10-15 minutes  
TOTAL Time: 20-30 minutes  
SERVES: 6-8