

RECIPE

Edamame Quinoa Salad



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Salad Ingredients

- 1 cup uncooked quinoa, rinsed
- 1 cup frozen shelled organic edamame
- ¼ tsp salt
- 3 green onions, sliced thinly
- ½ cup cucumber, peeled and diced
- ½ cup purple cabbage, finely sliced
- ½ cup red bell pepper, sliced thinly into slivers
- 1 large carrot, grated

Dressing Ingredients

- ¼ cup toasted sesame oil
- ¼ cup coconut aminos
- 2 Tbsp rice wine vinegar
- 2 cloves garlic, finely minced
- 2 tsp freshly grated ginger
- Juice from 2 limes, freshly squeezed
- Optional: ¼ tsp red pepper flakes

Preparation

1. Bring 2 cups of water to boil, add quinoa and salt and cook covered for 15 minutes. Remove from heat, fluff with a fork, and let cool with the top off for 5 minutes.
2. Meanwhile, steam or boil edamame until it is cooked through (~5 minutes).
3. Mix sauce ingredients together, and set aside.
4. Add edamame and quinoa to a large bowl, and combine with green onion, cabbage, cucumber, carrot, pepper, and sauce. Stir thoroughly, and enjoy immediately or store in the fridge covered for up to 5 days.