



Quinoa Salad

Ingredients:

1 cup uncooked, dry quinoa
1 cup shelled, frozen edamame
1 red bell pepper
1/4 cup chopped cilantro
1 lime
1 tbsp olive oil
1/2 tsp each of garlic powder, onion powder, cumin, and paprika
Salt and pepper, to taste

Optional add-ins:

1/2 cup cooked black beans
1/2 red onion chopped
1 tomato chopped
1/2 cucumber chopped
1/4 cup hummus

Directions:

1. Bring 2 cups of water and 1 cup dry quinoa to a rolling boil. Boil for 2 minutes.
2. Reduce to a simmer and cover. Allow to cook for another 15 minutes, then fluff with a fork.
3. In a separate small saucepan, boil frozen edamame in water for 5 minutes, or until fully cooked.
4. Once quinoa and edamame are fully cooked, add all ingredients in a large bowl and mix until all flavors are incorporated.

Nutrition Facts (without add-ins):

Per serving, recipe makes 4 servings

Calories: 141

Fat: 6 g

Carbs: 16 g

Protein: 7 g