

Easy Quinoa and Edamame Salad

Jacob · 30/09/2024



Prep Time

1 hr 30 mins

Difficult

Medium

Servings

5

Description

This quinoa and edamame salad is a superfood dream Packed full of flavor and nutrients you will want to make this time and time again This salad can be made as a main dish side dish potluck or meal prep its pretty much a perfect salad Ive been guilty of making this last minute and serving it immediately without chilling It is still amazing

Ingredients

- - ¼ cup olive oil - ¼ cup rice wine vinegar - 1 tablespoon maple syrup - 1 tablespoon toasted sesame oil - 1 ½ teaspoons liquid aminos (such as Bragg) - 1 teaspoon freshly squeezed lemon juice - 1 clove garlic
- minced - ¼ teaspoon red pepper flakes - salt and ground black pepper to taste - 1 ½ cups cooked quinoa - 1 cup shelled edamame - ½ cup chopped red bell pepper - ½ cup chopped Persian cucumber - ½ cup shredded carrot - ½ cup sliced green onion - ½ cup dried cranberries - ¼ cup slivered almonds

Instructions

1. Make the dressing: Combine oil
2. vinegar
3. maple syrup
4. sesame oil
5. liquid aminos
6. lemon juice
7. garlic
8. red pepper flakes
9. salt
10. and pepper in a mason jar. Seal the lid and shake until fully blended. Make the salad: Combine cooked quinoa
11. edamame
12. bell pepper
13. cucumber
14. carrot
15. green onion
16. and cranberries in a large mixing bowl. Add 1/2 cup of the dressing and mix until well combined; save any remaining dressing for another use. Place in the refrigerator until chilled
17. at least 1 hour. Garnished with slivered almonds to serve. Editor's Note: Nutrition data for this recipe includes the full amount of dressing. The actual amount consumed will vary.