
Rainbow Quinoa Salad with Cilantro Lime Dressing

Total time: 40 min Yield: 4 servings

Ingredients

2 cup water
1 cup quinoa (rinsed and drained)
1 cup edamame
3 Tbsp light oil
2 Tbsp fresh lime juice
2 Tbsp honey
1/2 tsp Sambal chili paste
1 Tbsp ginger (grated or minced)
1 tsp garlic (minced)
1 tsp salt
2-4 Tbsp cilantro (chopped fine)
1 cup red bell pepper (sliced)
1/2 cup carrots (grated)
1 cup bok choy (sliced thin)
1/4 cup green onions (sliced thin)

Prep Time: 15 min Cooking Time: 25 min Total Time: 40 min

Instructions

In a medium pot over medium heat, bring the water to a boil; add in the quinoa. Bring the water back to a boil, add the edamame, cover and reduce heat to a simmer. Cook for 20 minutes.

While the quinoa is cooking, combine the dressing ingredients in a small mixing bowl. Whisk to combine the oil, lime juice, honey, Sambal chili paste, ginger, garlic, salt and cilantro. Set aside.

When finished cooking, transfer the quinoa to a large bowl; fluff with a fork and let cool a bit. Then add in the bell pepper, carrots, bok choy and green onions. Toss with the dressing, as much as needed, right before serving.

A protein-packed side dish or entrée, Rainbow Quinoa Salad can be enjoyed at room temperature or chilled.

Recipe brought to you by:

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