



Edamame Quinoa Salad

Level: Easy

Prep Time: 30 minutes

Serves: 4

Cooking Time: 15 minutes



- $\frac{1}{2}$ cup quinoa (uncooked), rinsed and drained
- 1 cup low sodium chicken broth
- 1 cup shelled edamame, frozen
- 1 cup whole kernel corn, fresh or canned
- 12 grape tomatoes, halved
- $\frac{1}{4}$ cup fresh cilantro, chopped
- $\frac{1}{8}$ cup queso fresco (Mexican white cow's milk cheese, "fresh cheese")
- $\frac{1}{4}$ cup freshly squeezed lime juice (about 1 lime)
- 2 Tbsp. extra virgin olive oil
- Coarse kosher salt, to taste
- Freshly cracked black pepper, to taste
- Half a ripe Hass avocado, sliced

In a small saucepan combine quinoa and chicken broth. Bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes. Remove from heat, uncover, and set aside to cool.

Meanwhile, place the frozen shelled edamame in a microwave safe container with a lid, and steam in the microwave for 3 minutes. Drain all liquid. With the lid on, shake the container. Discard any "skins" that have separated from the edamame. Set aside to cool.

In a large bowl, add the cooled quinoa, cooled edamame, corn, tomatoes, and cilantro. Crumble in the queso fresco. Toss lightly to combine all ingredients. Add the lime juice and olive oil. Toss again lightly to coat. Season to taste with salt and pepper. Garnish with the sliced avocados and a lime wedge. Refrigerate if not serving immediately.

Notes:

- This recipe adapted from Better Homes and Gardens Annual Recipes 2014 cookbook, page 151, Edamame Quinoa Salad.