

Colorful Quinoa Salad with Lemon-Cumin Vinaigrette

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| 1 cup quinoa | 1 cup shelled edamame |
| 2 cups water | (green soybeans), boiled |
| 1 red pepper , | $\frac{1}{2}$ cup chopped fresh parsley |
| seeded | $\frac{1}{4}$ cup olive oil |
| and diced | $\frac{1}{4}$ cup fresh lemon juice |
| 1 carrot , peeled | 1 tsp ground cumin |
| and diced | $\frac{1}{2}$ tsp salt |



In a medium-size pot, add quinoa and water. Bring to a boil. Lower the heat and simmer, covered, for 15 minutes or until water is absorbed. Remove from heat and let sit 5 minutes. Spoon quinoa into a serving bowl. Add remaining ingredients. Stir to combine and serve.

Makes 6 servings. Per serving:

251 calories | 9g protein | 12g total fat | 2g saturated fat | 8g mono fat | 2g poly fat
0mg cholesterol | 28g carbohydrate | 3g sugar | 5g fiber | 217mg sodium