

# Warm Quinoa Salad

## Ingredients:

- 1 cup quinoa
- 2 tbsp. chopped fresh tarragon
- 2 cup vegetable broth, low sodium
- 1 ½ tbsp. salt
- 10 ounces frozen, shelled edamame, thawed
- ½ cup drained and diced jarred roasted red peppers
- 1 tbsp. freshly grated lemon zest
- 2 tbsp. lemon juice
- 2 tbsp. extra virgin olive oil
- ¼ cup chopped walnuts



\*VEGAN



\*GLUTEN-FREE



\*SOY FREE



\*CONTAINS NUTS

## Nutrition Facts

Serving Size ¾ cup (186g)  
Servings Per Container 6

Amount Per Serving

**Calories** 260      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **15%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 310mg      **13%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 5g      **20%**

Sugars 3g

**Protein** 10g

Vitamin A 10%      •      Vitamin C 15%

Calcium 6%      •      Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.
2. Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes.
3. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7-8 minutes longer. Drain any remaining water, if necessary.
4. Whisk lemon zest and juice, oil, tarragon and salt in large bowl. Add peppers and quinoa mixture. Toss to combine. Sprinkle with walnuts.