

Warm Quinoa Salad

Ingredients:

- 1 cup quinoa
- 2 tbsp. chopped fresh tarragon
- 2 cup vegetable broth, low sodium
- 1/4 tsp. salt
- 2 cup frozen, shelled edamame, thawed
- $\ensuremath{\mathcal{V}}_2$ cup drained and diced jarred roasted red peppers
- 1 tbsp. freshly grated lemon zest
- 2 tbsp. lemon juice
- 2 tbsp. extra virgin olive oil
- 1/4 cup chopped walnuts











Nutrition Facts

Serving Size 3/4 cup (188g) Servings Per Container 6

Amount Per Serving

Calories 270	Calories	from Fat 100
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 1g		5%
Trans Fat 0g	J	
Cholesterol 0mg		0%
Sodium 310mg		13%
Total Carbohydrate 29g		10%
Dietary Fiber 5g		20%
Sugars 3g		

Protein 10g

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Vitamin A 10% •		Vitamin C 15%		
Calcium 6% • I		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 Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 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.
- 2. Transfer to a fine sieve and rinse thoroughly. Meanwhile, bring broth to a boil in a medium saucepan over high heat.
- 3. Add quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes.
- 4. Remove the lid and, without disturbing the quinoa, add edamame.
- 5. Cover and continue to cook until the edamame and guinoa are tender, 7-8 minutes longer.
- 6. Drain any remaining water, if necessary. Whisk lemon zest and juice, oil, tarragon and salt in large bowl.
- 7. Add peppers and quinoa mixture. Toss to combine. Sprinkle with walnuts.