



# Japanese inspired quinoa salad with edamame

YIELD: 6 TO 8 PORTIONS

## INGREDIENTS

### Dressing

Lemon juice, freshly squeezed 3 Tbsp.

Sesame oil, toasted 1 Tbsp.

Soy sauce or tamari, reduced sodium 1 Tbsp.

Black pepper, ground as needed

### Salad

Quinoa, cooked 3 cups

Lemon, zested, grated 1 ea.

Kale, curly green or Tuscan, head 1 ea.

Persian cucumber, 1/4" dice 1 ea.

Edamame, shelled, cooked and cooled 1 cup

Scallions, sliced 2 Tbsp.

Salt as needed

Avocado, sliced or diced 1 ea.

Furikake, or toasted sesame seeds 1/2 cup

## DIRECTIONS

1. For the Dressing: Place all dressing ingredients in a small bowl and whisk together, then set aside. Alternatively, place into a small jar with a lid, and shake well to combine. Set aside.
2. For the Salad: Put cooked quinoa in a large bowl. Add dressing and lemon zest and stir to combine.
3. Strip kale from its center rib, then tear into bite sized pieces or slice thinly. Use your hands to massage leaves until tender, darker green and glossy, 30 to 60 seconds.
4. Add massaged kale, cucumber, edamame and scallions to the quinoa and stir or toss to combine. Taste and adjust salt to taste.
5. Transfer salad to a serving platter, then lay the slices of avocado on top. Scatter with furikake or toasted sesame seeds.

Note: Toasted sesame oil is the sesame oil sold in Asian groceries or in the Asian section of supermarkets. Do not use untoasted sesame oil (different flavor). Reduced sodium versions of soy sauce and tamari (which is gluten-free) is still high in sodium. May substitute 1/4 of an English cucumber for 1 Persian cucumber. Variation: May substitute other greens, if desired. If using baby greens, such as arugula, baby kale or baby spinach, do not massage.