



Zesty Southwest Quinoa Salad/Bowl

Prep Time: 15 minutes
Cook Time: 15 minutes
Total Time: 30 minutes
Yield: 6 Servings (1 ⅓ cups per serving (13.33 oz or 378 grams))

Nutrition Facts	
6 servings per container	
Serving size	1 serving (513g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat	15g 20%
Saturated Fat	2.0g 9%
Trans Fat	0g
Cholesterol	0mg 1%
Sodium	210mg 9%
Total Carbohydrate	48g 18%
Dietary Fiber	14g 49%
Total Sugars	6g
Protein	18g
Vit. D 0mcg 0% • Calcium 128mg 10%	
Iron 5mg 30% • Potas. 1150mg 25%	

Salad Ingredients

- 1 cup uncooked quinoa
- 2 cups low sodium vegetable broth
- 1 (15 oz) can low sodium black beans, rinsed and drained
- 3 cups frozen edamame, shelled
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- ½ red onion, diced
- 1 tomato, diced
- 1 head romaine lettuce, chopped
- ¼ cup freshly chopped cilantro

Dressing Ingredients

- ½ cup fresh cilantro leaves
- ¼ cup extra virgin olive oil
- Juice of 2 limes
- 1 garlic clove, minced
- 1 tsp seasoning blend (with chili powder, cumin, and onion powder)



Directions

1. Place the quinoa in a fine-mesh sieve or strainer. Rinse the quinoa until the water runs clear. Drain off any excess water.
2. Place 1 cup rinsed quinoa with 2 cups low sodium vegetable broth in a medium pot; bring to boil then cover and simmer for about 15 minutes. Once cooked, remove from the heat and set aside.
3. While the quinoa is cooking, drain and rinse the black beans. Set aside for later. Continue to prep the vegetables. Dice the peppers, onions, roughly chop the cilantro and mince the garlic. Set aside.
4. Place frozen edamame in a microwave safe dish, add 1-3 tablespoons of water and steam for 4-5 minutes or until edamame is soft. Set aside.
5. When quinoa is cooked add to a serving bowl. Add in the prepped veggies, edamame and beans and gently mix to combine. Set aside
6. To make the dressing, combine all dressing ingredients in a mixing bowl and whisk together. Pro tip: you can also use a blender to create the dressing.
7. Once dressing is made, add it to the quinoa veggie mixture.
8. Serve the salad over lettuce or mixed greens and enjoy. Optional to top with sliced avocado!

*If using this recipe in your personalized ATNG meal plan, 2 Proteins, 2 Starches, 1 Vegetable & 1 Fat.