

Super Food Salad



Ingredients:

- ½ cup quinoa
- 6 oz fresh shelled edamame
- 1 head or 6 oz chopped Boston, butter or bibb lettuce or kale, arugula or spring mix
- 1 avocado
- ½ orange bell pepper
- 2 tbsp unsalted sunflower seeds, pecans or pistachios
- 1/8 cup cilantro or parsley
- ¼ cup extra virgin olive oil
- 2 tbsp fresh orange juice
- 1 clove garlic
- ¼ tsp salt

Directions:

1. Rinse and cook the quinoa in 1 cup water for ~10 minutes or until the water is just absorbed. Fluff and remove from heat.
2. Meanwhile, cook the edamame for 5 minutes in ~ 4 cups boiling water.
3. In a small food processor or blender, puree the oil, lemon and orange juice, ¼ of avocado, cilantro, salt and garlic.
4. In a large salad bowl, combine the lettuce, bell pepper, quinoa, edamame, remaining avocado and sunflower seeds. Pour the dressing over everything and toss gently. Serve immediately.

Nutritional Information:

Calories	265
Total Fat.....	16 g
Saturated Fat	2.1 g
Cholesterol	0 mg
Total Carbohydrate....	25 g
Dietary Fiber	7 g
Protein	9 g
Sodium	70 mg
Serving Size	1 ¾ cup
Recipes Yields	4 servings

Prep time: 15 minutes

Cook time: 30 minutes

Adjusted from:

<https://www.diabetesfoodhub.org/recipes/super-foods-salad.html>

hoag.org/healthyrecipes