Lunch

Citrus Quinoa Salad with Avocado and Edamame

Crisp bibb or boston lettuce, quinoa, edamame, and avocado are tossed with grape or cherry tomatoes in a smooth citrus and parsley dressing, finished with a sprinkle of pepitas. It all comes together in under an hour.



Vegan | Gluten free | Dairy free

50 min	150	10 g	2 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 2 tbsp olive oil
- [ ] 2 tbsp lemon juice
- [ ] 2 tbsp orange juice
- [ ] 1 whole avocado (divided use, pitted, peeled, and diced)
- [ ] 1/4 cup fresh parsley (stems removed)
- [ ] 1/4 tsp salt
- [ ] 1 clove garlic
- [ ] 1 whole bibb or boston lettuce (cut into 1-inch pieces)
- [ ] 1 cup grape or cherry tomatoes (cut in half)
- [ ] 1/2 cup quinoa (cooked according to package directions and cooled)
- [ ] 1 cup frozen shelled edamame (cooked according to package directions)
- [ ] 2 tbsp unsalted pepitas

Nutrition Facts

Per serving

Calories	**150**
Total fat	11 g
Saturated fat	1.5 g
Sodium	105 mg
Total carbs	10 g
Fiber	4 g
Total sugars	2 g
Protein	7 g

Method

- [ ] **1** Cook the quinoa according to package directions, then set it aside to cool.
- [ ] **2** Cook the frozen shelled edamame according to package directions.
- [ ] **3** Blend the olive oil, lemon juice, orange juice, a quarter of the avocado, the fresh parsley, salt, and garlic in a blender or food processor until smooth.
- [ ] **4** Set the blended dressing aside.
- [ ] **5** Combine the bibb or boston lettuce, grape or cherry tomatoes, cooled quinoa, edamame, remaining avocado, and unsalted pepitas in a large bowl.
- [ ] **6** Pour the dressing over the salad and toss gently.
- [ ] **7** Serve right away or chill until ready to serve.

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