

Vibrant Salad Bowls with Lemon Tahini Dressing

EASY | RECIPE

Ingredients:

1 cup quinoa	2 cups edamame beans, shelled and thawed
¼ cup tahini (sesame seed paste)	1 cup grape tomatoes
2 tbsp lemon juice	2 medium carrots, grated
1 tbsp maple syrup or honey	1 yellow pepper, seeded and diced
1 tbsp toasted sesame oil	2 cups shredded purple cabbage
Pinch salt and pepper	



Method:

Rinse quinoa in a fine sieve. **Bring** quinoa and two cups of water to a boil in a small pot. **Simmer** until water is absorbed, about 15 minutes. **Fluff** with a fork and set aside. **Add** the tahini, lemon juice, maple syrup, sesame oil, salt and pepper to a blender or food processor. **Blend** until creamy, adding water to reach desired consistency. **Divide** quinoa into four bowls. **Top** with edamame, tomato, carrots, pepper and cabbage. **Drizzle** with dressing and enjoy.

Makes 4 servings. Per serving:

442 calories | 21g protein | 18g total fat | 2g saturated fat | 7g mono fat | 9g poly fat |
54g carbohydrate | 8g sugar | 14g fiber | 198mg sodium