

## **Edamame and Quinoa Salad**

This delicious salad is made with soy beans and the supergrain - quinoa. Both are a great source of protein, an excellent source of fiber and loaded with vitamins and minerals. You will enjoy every bite of this healthy, tasty salad!

**3 cups frozen edamame beans**  
**1 cup frozen corn kernels**  
**1/2 cup diced red bell pepper**  
**1/4 cup chopped green onions**  
**1/4 cup chopped cilantro**

**2 Tbsp low-sodium soy sauce**  
**1 1/2 Tbsp rice vinegar**  
**1 tbsp sesame oil**  
**2 tsp honey**  
**1 tsp crushed garlic**  
**1/2 tsp minced ginger**  
**1 tsp toasted sesame seeds**  
**2 cups cooked quinoa**

1. Boil corn and edamame beans just until bright green, approximately 3 minutes. Drain and rinse with cold water. Place in serving bowl and let cool, then mix with quinoa
2. Add bell pepper, green onions and cilantro to edamame mixture and stir.
3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.