Japanese Inspired Quinoa Salad with Edamame

6-8 servings  30 minutes

Recipe courtesy of the Culinary Institute of America.

Notes: Toasted sesame oil is the sesame oil sold in Asian groceries or in the Asian section of supermarkets. Do not use untoasted sesame oil - it will give a different flavor. Reduced sodium versions of soy sauce and tamari are still high in sodium. May substitute 1/4 of an English cucumber for 1 Persian cucumber.

Variation: May substitute other greens, if desired. If using baby greens, such as arugula, baby kale or baby spinach, do not massage.

INGREDIENTS

**Dressing**
- 3 tbsp Lemon Juice
- 1 tbsp Toasted Sesame Oil
- 1 tbsp Soy Sauce or Tamari
- as needed Black Pepper

**Salad**
- 3 cups Quinoa, Cooked
- 1 ea Lemon, zested & grated
- 1 ea Kale, curly/green, or Tucson head
- 1 ea Persian cucumber
- 1 cup Edamame, shelled, cooked
- 2 tbsp Scallions
- as needed Salt
- 1 ea Avocado, sliced or diced
- 1/2 cup Furikake or toasted sesame seeds

METHOD

1. **For the Dressing.** Place all dressing ingredients in a small bowl and whisk together, then set aside. Alternatively, place into a small jar with a lid, and shake well to combine.

2. **For the Salad.** Put cooked quinoa in a large bowl. Add dressing and lemon zest, stir to combine.

3. **Strip kale from its center rib, then tear into bit sized pieces or thinly slice. Use your hands to massage leaves until tented, darker green and glossy.**

4. **Add massaged kale, cucumber, edamame, and scallions to the quinoa and stir or toss to combine. Taste and adjust salt to taste.**

5. Transfer salad to a serving platter, then lay the slices of avocado on top. Scatter with furikake or toasted sesame seeds.