



QUINOA WITH EDAMAME, GINGER, AND LIME

Ingredients

- 2 1/2 cups broth or water
- 1/2 teaspoon sea salt
- 1 1/2 cups red or white quinoa, rinsed well in cold water and drained
- 1 teaspoon grated fresh ginger
- Pinch of cayenne
- 1 cup frozen edamame, mixed with lime juice and a pinch of salt
- 1/2 cup finely diced red bell pepper
- 2 scallions, white & green parts, finely chopped
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh cilantro, basil or parsley
- 2 tablespoons extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon grated lemon zest

Directions:

Directions: Put the broth and 1/4 teaspoon of the salt in a large saucepan and bring to a boil over high heat. Stir in the quinoa. Decrease the heat to low, cover, and cook for 15 to 20 minutes, until the water is absorbed. Remove from the heat. Add the ginger, cayenne, and remaining 1/4 teaspoon of salt and fluff with a fork until well combined. Transfer the quinoa to a bowl and let cool to room temperature. Add the edamame, red bell pepper, scallions, mint, cilantro, olive oil, lemon juice, lime juice, lemon zest, and lime zest and stir until well combined. You may need to add a pinch or two of salt, a squeeze of lemon or lime juice, or a dash of olive oil.

COOK'S NOTE: Color is key when it comes to quinoa. When cooked, white quinoa has the subtlest flavor. Red has an earthy flavor and is a bit chewier and nuttier. Black quinoa is the most striking in appearance and is perfect for salads because it retains its shape and crunchy texture best.

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