



green goddess quinoa salad

When we're told to "Think Green," we immediately flash to this incredible Green Goddess Quinoa Salad recipe. Protein-packed quinoa, mixed with edamame and kale, is tossed in a creamy avocado and fresh herb dressing. Really, there is paradise in every bite of this fresh and fantastic salad.

SERVES: 4



julie albert & lisa gnat



ingredients

- 1 cup quinoa
- 2 cups vegetable broth
- 2 cups chopped kale
- 1 cup frozen shelled edamame

Avocado Dressing

- 1 ripe avocado
- 2 tbsp fresh lemon juice
- 2 tbsp mayonnaise
- 1 tbsp white wine vinegar
- 1 small garlic clove, minced
- ¼ cup chopped fresh parsley
- 2 tbsp chopped fresh basil
- ½ tsp ground cumin
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ¼ cup olive oil

1 ripe avocado, sliced to garnish each serving

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directions

- 1.** Combine quinoa and vegetable broth in a medium saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer for 15 minutes, until all liquid is absorbed. Place quinoa in a large bowl and set aside.
- 2.** Fill a large pot with about an inch of water. Place a steamer on the bottom of the pot and add the kale and edamame. Cover and steam over high heat for 2-3 minutes, until kale turns bright green and edamame is defrosted. Plunge greens into a bowl of cold water to prevent further cooking. Drain well and set aside.
- 3.** For the avocado dressing, using a food processor or blender, combine avocado, lemon juice, mayonnaise, white wine vinegar, garlic, parsley, basil, cumin, salt and pepper. Pulse 2 to 3 times, until well combined. Add olive oil gradually and blend well.
- 4.** Add kale and edamame to the quinoa and toss with avocado dressing. Garnish with sliced avocado.

“I hardly can sleep. I feel that my target now is really to save Mother Earth for humanity. And it’s doable.”

– IMELDA MARCOS

