



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

QUINOA EDAMAME SALAD

A VIBRANT AND VERSATILE MEAL



This refreshing Quinoa Edamame Salad, shared by PCFMA board member Cindy Gershen, is a delightful and healthy dish that's perfect for a light lunch, a side at a barbecue, or a nutritious make-ahead meal. Packed with protein, fiber, and vibrant flavors from local farmers market produce, it's easily customizable to suit your taste preferences.



00 HR 30 MINS



Serves 4 - 5



INGREDIENTS

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- 1 pound cooked quinoa
- 1/2 pound of edamame beans
- 1 pound cherry tomatoes
- 2 avocados, cubed
- 1/2 pound arugula
- 1 red onion, diced
- 2 teaspoons salt
- Juice of lemon
- *Optional:* 4-6 ounces of protein (salmon, shrimp, mozzarella cheese, or feta)
- *Optional:* Fresh herbs (dill, mint, basil, or cilantro)

METHOD

In a large bowl, combine the cooked quinoa, edamame beans, cherry tomatoes, cubed avocados, arugula, and diced red onion.

Sprinkle the salt over the salad, and then squeeze the lemon juice over the ingredients.

Gently toss all the ingredients until well combined.

Optional: Add your choice of protein (salmon, shrimp, mozzarella, or feta) and fresh herbs for added flavor.

Serve immediately or store in an airtight container for up to 3 days.