
Beet Edamame Quinoa Salad

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 2-3

Ingredients:

- 1 cup cooked quinoa
- 1 cup roasted or boiled beetroot, cubed
- 1/2 cup edamame (shelled, defrosted if frozen)
- 1/2 cup celery, sliced
- Mixed greens (optional)
- Chopped hazelnuts for garnish

Beet Dressing:

- 170g cooked beets (steamed or boiled)
- 3-4 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice
- 1 garlic clove
- 1/2 teaspoon salt, or to taste
- 1/8 teaspoon black pepper, or to taste

Instructions:

1. Start by making the dressing. Place all the ingredients in a blender, and blend until smooth. Taste to see if it needs more salt, pepper, lemon juice or vinegar.
2. Place the salad ingredients in a bowl, except the greens and nuts. Add some of the dressing and mix well to combine. Taste and add more dressing if you like.
3. Finally add the greens if using, and garnish with chopped hazelnuts.