

Quinoa Salad

Ingredients:

- 16 oz frozen, shelled, edamame
- 1¼ cup frozen corn

- 1½ cup cooked, cooled quinoa

- 1 small green or red onion, chopped
- 1 red sweet bell pepper, diced
- 1 tablespoons minced fresh cilantro
- 1 teaspoon fresh thyme
- 1 chopped or smashed garlic clove

- 1 tablespoons olive oil
- 1 tablespoons - Canola Oil
- 1½ tablespoons freshly squeezed lemon juice

- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

- Feta Cheese

- **Optional:**
1½ tablespoons freshly squeezed lime juice
½ teaspoon chili powder
Dash cayenne or some Jalepenos



Instructions:

1. Boil the edamame and the corn, just until tender
2. Drain very well and cool completely
3. In a large bowl combine the edamame, corn, quinoa, green onion, red pepper, and cilantro
4. In a small bowl whisk together the olive & canola oil, lemon juice, lime juice, salt, chili powder, black pepper, thyme and cayenne until well combined
5. Drizzle over the salad and toss to coat - add Feta
6. Cover and chill for at least two hours

7. Enjoy