

Quinoa, Edamame, and Roasted Broccoli Salad

Ingredients

- 1 lb. fresh broccoli
- 1 cup dry quinoa
- 1 cup frozen shelled edamame
- 2 medium-sized lemons
- 4 cloves of garlic
- ¼ cup sesame oil
- 2 tbsp. light miso paste
- 1 tbsp. soy sauce
- ½ cup toasted almonds, chopped
- Salt and pepper, to taste
- Olive oil, for cooking

Steps

1. Preheat the oven to 400°F (200°C). Cut the tops of the broccoli into small florets, and chop the stalks into rough pieces, about the size of a pea. Place on a baking sheet, drizzle with olive oil, and sprinkle with salt and pepper. Once the oven is to temperature, roast for 30 minutes, taking it out once in the middle to stir. Once cooked, add to a large mixing bowl.
2. To cook the quinoa, add one cup of quinoa to a saucepan with 2 cups of water along with a pinch of salt. Bring to a boil and reduce to a simmer. Cook uncovered until the quinoa is soft and the excess water is absorbed. Transfer the quinoa to the mixing bowl.
3. Add a cup and a half of water back to the saucepan along with half a teaspoon of salt. Bring to a boil and add the frozen edamame. Boil for 3-4 minutes to defrost, and drain the liquid. Add the edamame to mixing bowl.
4. To make the dressing, cut the lemons into quarters. Place the lemons in a blender, along with the garlic, sesame oil, miso paste, soy sauce, and a quarter cup of water. Blend well. Add more water to as needed, a tablespoon at a time, until it has reached a good viscosity for dressing. Season with salt and pepper to taste.
5. Add the almonds to the mixing bowl, and about half the dressing. Mix well, and add more dressing if desired. Eat right away, or store in the fridge until you're ready to eat.

