

Warm Quinoa Salad with Edamame & Tarragon

4 servings, 1 1/2 cups each

Total Time: 25 minutes

- 1 cup quinoa, (see Note)
- 2 cups vegetable broth
- 2 cups frozen shelled edamame, thawed (10 ounces)
- 1 tablespoon freshly grated lemon zest
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh tarragon or 2 teaspoons dried
- 1/2 teaspoon salt
- 1/2 cup drained and diced jarred roasted red peppers, (3 ounces)
- 1/4 cup chopped walnuts, preferably toasted (see Cooking Tip)



Preparation

Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.

Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7 to 8 minutes longer. Drain any remaining water, if necessary.

Whisk lemon zest and juice, oil, tarragon and salt in a large bowl. Add peppers and the quinoa mixture. Toss to combine. Divide among 4 plates and top with walnuts.

Tips & Notes

- **Make Ahead Tip:** Prepare through Step 3. Cover and refrigerate for up to 2 days.
- **Note:** Quinoa is a delicately flavored grain that was a staple in the ancient Incas' diet. It is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting the grain before cooking enhances its flavor and rinsing removes any residue of saponin, quinoa's natural, bitter protective covering.
- **Cooking Tip:** To toast walnuts: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

Per Serving: 404 calories; 18 g fat (1 g sat , 6 g mono); 0 mg cholesterol; 46 g carbohydrates; 17 g protein; 16 g fiber; 645 mg sodium; 319 mg potassium.