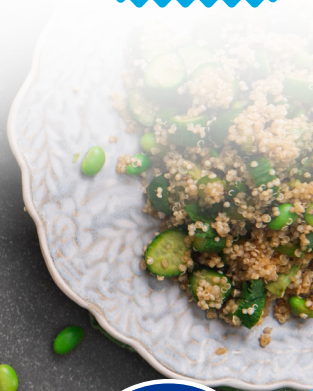


RECIPE | CUCUMBERS

CUCUMBER AND QUINOA SALAD



Follow us



pure-flavor.com



CUCUMBER AND QUINOA SALAD

INGREDIENTS

For the Quinoa Salad:

- 1 lb Pure Flavor® Uno Bites™ Nano Cucumbers, chopped
- 2 cups water
- 2 ripe avocados pitted, peeled, and chopped
- 1 ½ cups shelled and cooked edamame
- 1 cup quinoa
- 2 green onions chopped
- 3 tbsp cilantro chopped
- ¼ tsp salt
- Salt and pepper to taste

For the Dressing:

- 4 tbsp rice wine vinegar
- 1 ½ tbsp tamari or soy sauce
- 1 tbsp sesame oil
- 1 tbsp lime juice
- ⅛ tsp grated fresh ginger

DIRECTIONS

1. Add water, quinoa, and salt to a medium saucepan and bring to a boil over medium heat.
2. Boil for 5 minutes. Turn the heat to low and simmer for 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Set aside to cool.
3. While the quinoa is cooling, make the dressing. In a small bowl, whisk together the rice wine vinegar, Tamari, sesame oil, lime juice, and fresh ginger.
4. In a large bowl, combine quinoa, edamame, avocado, green onions, and cilantro. Pour the dressing over the quinoa salad and stir to combine. Season with salt and pepper, to taste.
5. Serve at room temperature or chilled.



TOTAL TIME

30 minutes

PREP TIME

10 minutes

COOK TIME

20 minutes

SERVES

2

COOKING LEVEL

Easy