

Edamame Avocado Power Bowl

Web Recipe · Breakfast · GF

440 cal · 24g protein · 40g carbs · 22g fat · 4 servings

Ingredients

- 2 cups shelled edamame
 - 2 cups cooked quinoa
 - 1 large avocado diced
 - 1 cup cherry tomatoes halved
 - 1 cup cucumber diced
 - 1/4 cup red onion finely diced
 - 2 tbsp hemp seeds
 - 2 tbsp sesame seeds
 - 2 cups fresh spinach
 - 3 tbsp tahini
 - 2 tbsp soy sauce
 - 1 tbsp rice vinegar
 - 1 tbsp maple syrup
 - 1 tbsp lime juice
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Instructions

1. Cook quinoa according to package directions. Let cool slightly.
 2. Cook edamame according to package directions.
 3. Make the dressing: whisk together tahini, soy sauce, rice vinegar, maple syrup, and lime juice until smooth. Add water to thin as needed.
 4. Assemble bowls: place quinoa and spinach in the base.
 5. Top with edamame, diced avocado, cherry tomatoes, cucumber, and red onion.
 6. Drizzle with tahini dressing. Sprinkle with hemp seeds and sesame seeds.
 7. Serve immediately or pack for lunch.
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