

Recipe

PROTEIN-PACKED LENTIL & QUINOA SALAD



► Vegan, gluten-free, refined sugar-free, nut-free

Yield: 6 servings

Prep Time: 10 min

Cook Time: 50 min

Total Time: 60 min

INGREDIENTS: SALAD

2.5 cups cooked brown lentils*
 3 cups cooked quinoa**
 1 cup (150g) cooked shelled edamame
 1 red bell pepper, chopped
 1/4 cup (30g) pumpkin seeds
 3 cups (90-100g) fresh baby spinach

INGREDIENTS: DRESSING

1/4 cup (60mL) tahini
 1/4 cup (60mL) water
 2 Tbsp (30mL) soy sauce
 2 tsp (10mL) apple cider vinegar
 1 tsp (5g) miso paste
 1 tsp (5g) onion powder
 1 tsp (5g) sambal (optional)

INGREDIENTS: GARNISH

1/4 cup (30g) pumpkin seeds
 2 Tbsp fresh green onion (scallion), thinly sliced

DIRECTIONS

1. Mix dressing ingredients in a bowl or blend in a small food processor until creamy.
2. Add all salad ingredients to a large bowl and toss to combine. Mix in the salad dressing when ready to serve and toss to combine. Enjoy!

NOTES

1. *Made from 1 cup (200g) dry lentils, preferably soaked 2 hours or overnight (for benefits of soaking, read this PUL article!)
2. **Made from 1 cup (170g) dry quinoa, cooked according to package directions
3. **Variations:** add other veggies like shredded carrot or diced cucumber. Try alternative greens like arugula or romaine.
4. **Speed-it-up:** using canned lentils speeds up the process.
5. **Storage:** store in an air-tight container in the fridge for up to four days; store the sauce separately and combine only when ready to serve.