



A TASTEFUL PLACE AT THE DALLAS ARBORETUM

Steamed Edamame Salad

Serves: 2 as a main dish, 4 as a side

Ingredients:

- For the salad:
 - 1 sweet potato, cut into ½ inch thick rounds
 - 1 ½ tsp olive oil
 - 1 cup uncooked quinoa, rinsed and drained
 - 1 cup frozen shelled edamame, thawed
 - 1 carrot, julienned
 - 2 green onions, thinly sliced
 - ¼ cup cilantro leaves, chopped
 - 1 tsp sesame seeds
 - 1 tbsp hemp seeds
 - Salt and pepper to taste

Method :

- For the dressing, combine all ingredients into a food processor or blender until well combined. Alternatively, add all ingredients except the oil into a bowl, and whisk the oil slowly into the ingredients until combined.
- Preheat the oven to 400°.
- Place the sweet potato rounds on a large rimmed baking sheet and drizzle with oil. Rub on both sides to coat. Sprinkle with salt and pepper, and roast for 20 minutes. Flip and roast 10 minutes more.
- Steam the edamame in a steamer or double broiler for 3 minutes, until tender but al dente.
- Meanwhile, cook the quinoa according to package instructions. Season with salt and pepper.
- To assemble, divide the quinoa between plates. Top with the roasted sweet potato rounds, edamame, carrots, green onion, cilantro, seeds, and drizzle with the dressing.

