

Quinoa Salad with Grapefruit and Edamame



Rich in fiber and plant-based protein, this quinoa salad is perfect for sunny soups or impromptu picnics. Suggested by our nutritionist, the blend of tangy grapefruit, crunchy vegetables, and fluffy quinoa makes it a delicious and balanced option. Perfect for mixing things up during the warmer months, it's the perfect addition to a [balanced and flavorful summer menu](#).

Preparation 20 min

Cooking 15 min

Servings 4

Nutrition Facts (per serving)

Calories 475

Fat 18

Carbohydrates 54

Fibre 12

Protein 24

Sodium 210

Ingredients

- 250 ml (1 cup) dry quinoa, rinsed
- 750 ml (3 cups) frozen edamame
- 500 ml (2 cups) spinach
- 1 grapefruit

- ½ English cucumber, sliced into half rounds
- 1 red bell pepper, diced
- 2 green onions, chopped
- 60 ml (¼ cup) fresh cilantro, chopped

Dressing

- The remaining juice of the grapefruit (about 60 ml / ¼ cup)*
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) sherry vinegar
- 5 ml (1 tsp) Dijon mustard
- Pepper and salt, to taste

Preparation

1. In a saucepan, combine the quinoa with 500 ml (2 cups) of water. Bring to a boil, reduce to low, cover, and simmer for 12–15 minutes or until the water is absorbed. Remove from heat, fluff with a fork and let cool.
2. In the meantime, in another pot, bring water to a boil. Cook the edamame for 3–5 minutes. Drain and rinse under cold water to stop the cooking process.
3. Segment the grapefruit over a bowl to catch the juice. Set aside the segments and squeeze the membrane to extract any remaining juice.
4. In a small bowl, whisk together the grapefruit juice, olive oil, vinegar and mustard. Season to taste.
5. In a large bowl, combine the quinoa, edamame, spinach, cucumber, bell pepper, green onions and cilantro. Gently fold in the grapefruit segments.
6. Pour the dressing over the salad and toss gently to coat.
7. Chill for 30 minutes before serving, if desired.

Notes

Can be refrigerated up to 4 days. Cannot be frozen.



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