



LENTIL & QUINOA SALAD



INGREDIENTS:

- 2 cups spinach
- 1/4 cup cooked quinoa
- 1/4 cup cooked lentils
- 1/4 cup edamame
- 1/4 large bell pepper

Lime Tahini

Dressing:

- 1 tbsp tahini
- 1 tbsp nutritional yeast
- 1.5 tbsp lime juice

DIRECTIONS:

- 1) In a bowl combine all dressing ingredients and mix well
- 2) Add lentils and quinoa and mix well
- 3) Place spinach and lentil dressing mix on a plate
- 4) Top with edamame and fresh bell pepper

You may also use the dressing as a topping instead of mixing it with the lentils and quinoa.

Enjoy!

Makes 1 Meal

Calories: 356 | Protein: 23 g | Carbs: 42 g | Fat: 12 g | Fiber 16 g