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Hole punch to fit in your cookbook!



kidstir®

Sunny Quinoa Salad

Stir up a healthy side dish

hands-on time: 20 minutes

start-to-eat time: 35 minutes

ingredients

tools:

- measuring spoons and cups
- cooking pot
- paring knife
- cutting board
- large bowl
- small bowl
- large spoon
- whisk

kids kitchen skills:

- measuring
- cooking at the stove
- chopping
- stirring

- 2 cups water
- 1 cup quinoa
- 2 cups shelled edamame
- 2 cups corn
- 2 scallions, chopped
- 1 tomato, diced
- 4 tablespoons chopped, fresh mint leaves
- 1/2 cup crumbled feta cheese
- 6 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 garlic clove, crushed
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

Makes Serves 4

On your next summer picnic, pack up this colorful high-protein salad. It's made with quinoa, edamame, corn, and other veggies (we bought frozen corn and frozen shelled edamame to make things simple). The kids will eat it up!

step-by-step instructions

1. A grown-up can help cook the quinoa. In a large pot of 2 cups water, cook 1 cup quinoa according to package instructions.

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2. In a large bowl, mix the cooked quinoa, edamame, corn, chopped scallions, diced tomatoes, chopped mint, and crumbled feta.

3. In a small bowl, make the salad dressing. Whisk the olive oil, lemon juice, crushed garlic, salt, and pepper.

4. Pour the dressing on top of the salad and gently toss. Add more salt, pepper, lemon, olive oil, or mint to taste. Eat right away, or refrigerate for up to 2 days.

