

Broccoli Edamame Quinoa Bowl

Ingredients

- 1 cup cooked quinoa
- 1/2 cup steamed broccoli
- 1/4 cup shelled edamame
- 1/4 cup shredded carrots
- 1 tbsp sesame seeds
- 1 tsp tamari or low-sodium soy sauce
- 1 tsp rice vinegar

Instructions

1. Combine quinoa, broccoli, and edamame in a bowl.

2.Add carrots and sesame seeds.

3.Drizzle tamari and rice vinegar.

4.Toss gently and serve warm.

Benefits

High in complete protein, fiber, and immune-boosting nutrients.