

Crunchy Thai Quinoa Salad

INGREDIENTS:

SALAD:

- 3/4 cup uncooked quinoa
- 1 1/2 cups water
- 2 cups shredded purple cabbage
- 1 cup grated carrot
- 1 cup thinly sliced snow peas or sugar snap peas
- 1/2 cup chopped cilantro
- 1/4 cup thinly sliced green onion
- 1/4 cup chopped roasted peanuts, for garnish

SAUCE:

- 1 1/2 Tbsp. reduced sodium tamari sauce or low sodium soy sauce
- 1 Tbsp. almond butter or peanut butter
- 1 Tbsp. maple syrup
- 1 Tbsp. rice vinegar
- 1 tsp. sesame oil
- 1 clove garlic, minced
- 2 tsp. grated fresh ginger
- 1/2 lime, juiced (about 1 1/2 tablespoons)
- Pinch of red pepper flakes



Servings: 4



*GLUTEN-FREE



*VEGAN

DIRECTIONS:

1. Cook the quinoa: First, rinse the quinoa in a fine mesh colander under running water. In a medium-sized pot, combine the rinsed quinoa and 1 1/2 cups water. Bring the mixture to a gentle boil over medium heat, then reduce the heat to medium-low and gently simmer the quinoa until it has absorbed all of the water. Remove the quinoa from heat, cover the pot and let it rest for 5 minutes. Uncover the pot and fluff the quinoa with a fork. Set it aside to cool.
2. Meanwhile, make the sauce: Whisk together the almond butter and tamari until smooth. Add the remaining ingredients and whisk until smooth. If the mixture seems too thick to toss into the salad, whisk in a bit of water to loosen it up.
3. In a large serving bowl, combine the cooked quinoa, shredded cabbage, carrot, snow peas, cilantro and green onion. Toss to combine, then pour in the sauce. Toss again until everything is lightly coated in sauce.
4. This salad keeps well, covered and refrigerated, for about 4 days. If you don't want your chopped peanuts to get soggy, store them separately from the rest and garnish just before serving.

For more information contact The Living Whole Wellness Program at (909) 651-4007 or email livingwhole@llu.edu

For more healthy recipes visit: myllu.llu.edu/livingwhole/recipes/

Nutrition Facts

4 servings per container
Serving size 1/2 cup (162g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 3g Added Sugars	6%

Protein 7g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 354mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.