

Healthy Solutions:

Cooking with Whole Grains



Asian Quinoa Salad

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1/4 teaspoon salt
- 1 cup chopped red cabbage
- 1 cup shelled and cooked edamame
- 1 cup red bell pepper, chopped
- 1/2 cup shredded carrots
- 1 cup diced cucumber

For the dressing:

- 1 tablespoon reduced sodium tamari sauce (substitute to soy sauce, you could also do a low-sodium soy sauce, but check ingredient list for preservatives)
- 1 tablespoon sesame oil (or canola oil)
- 1 tablespoon rice wine vinegar
- 2 tablespoons chopped green onion
- 1/4 cup chopped cilantro
- 1/4 teaspoon grated ginger
- 1/8 teaspoon red pepper flakes
- Salt and black pepper, to taste

Directions:

1. Add water, quinoa, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.
 2. Place the quinoa in a large bowl and add the cabbage, edamame, red pepper, carrots, and cucumber. Set aside.
 3. In a small bowl, whisk together the soy sauce, sesame oil, rice wine vinegar, green onions, cilantro, ginger, red pepper flakes, salt, and pepper.
 4. Pour the dressing over the quinoa salad and stir to combine.
- . This salad is good served at room temperature or chilled.

Makes 8 servings

Per 1 cup serving: 95 calories, 3.4 g total fat , 12 g carbohydrates, 4.3 g protein, 2.5 g dietary fiber, 125 mg sodium.