

SPOTLIGHT RECIPE

Asian Quinoa Salad

- Add the 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 the water is absorbed. Remove from the heat and fluff with a fork.
- Place the quinoa in a large bowl and add the cabbage, edamame, red pepper, carrots and cucumber. Set aside.
- In a small bowl, whisk together the soy sauce, sesame oil, rice wine vinegar, green onions, cilantro, sesame seeds, ginger, red pepper flakes, salt and pepper.
- Pour the dressing over the quinoa salad and stir to combine.

Ingredients

Makes 6 servings

- 2 cups water
- 1 cup quinoa
- 1/4 teaspoon salt
- 1 cup red cabbage, chopped
- 1 cup edamame, shelled and cooked
- 1 red bell pepper, chopped
- 1/2 cup carrots, shredded
- 1 cup cucumber, diced
- 1/4 cup light soy sauce or tamari sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 2 tablespoons green onion, chopped
- 1/4 cup cilantro, chopped
- 1 tablespoon sesame seeds
- 1/4 teaspoon ginger, grated
- 1/8 teaspoon red pepper flakes
- 1 tablespoon rice wine vinegar