



RECIPES

Crunchy Thai Quinoa Salad

INGREDIENTS:

1 cup quinoa
1 red bell pepper, chopped
1 carrot, shredded
1 cucumber, chopped
1 cup frozen edamame, thawed
6 green onions, chopped
1-2 cups shredded red cabbage
4 teaspoons fish sauce
3 limes, juiced
2 tablespoons sugar
1 tablespoon vegetable oil
1 tablespoon freshly grated ginger
1 teaspoon sesame oil
Pinch of red pepper flakes
½ cup peanuts
½ cup chopped cilantro
¼ cup chopped basil

INSTRUCTIONS:

1. Rinse quinoa under cold water and cook according to package directions in medium saucepan. Most quinoa use a 2:1 water to quinoa ratio and cook for about 20 minutes until water is absorbed.
2. Add quinoa and vegetables to large bowl. In a small bowl, whisk fish sauce, lime juice, sugar, vegetable oil, ginger, sesame oil, and red pepper flakes until the sugar has dissolved. Taste for sweetness and heat and adjust flavors according to preferences.
3. Pour the dressing over the quinoa and vegetables and stir to combine.
4. Sprinkle with basil, cilantro and peanuts and enjoy! Store in the refrigerator for up to one day.

Serves 8

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From: <http://www.foodiecrush.com/thai-quinoa-salad/>

