



## Thai Quinoa Vegetable Salad

*Makes 10 servings*

### Salad Ingredients

- 1 cup quinoa, rinsed well until the water runs clear
- 1 ½ cups water
- ½ tsp table salt
- 1 cup frozen shelled edamame beans, defrosted and dried
- 1 large carrot, peeled and shredded on a box shredder
- ½ English cucumber, peeled, seeded and diced the same size as the edamames
- 1 bunch (5-6) green onions, cleaned and sliced thinly - use the white and light green parts only
- 2 ½ cups finely shredded raw red cabbage

### Dressing Ingredients

- 1 Tbsp Tamari sauce
- ¼ cup fresh squeezed lime juice
- 2 Tbsp granulated sugar
- 1 Tbsp peeled and grated ginger
- 1 Tbsp toasted sesame oil
- 1 Tbsp avocado oil
- Pinch of red pepper flakes
- Garnish Ingredients
- ½ cup roasted salted peanuts
- ⅓ cup fresh chopped herbs-we used basil, dill and cilantro combined

### Instructions:

Combine rinsed quinoa and water and salt to a saucepan. Bring to a boil, then lower the heat to simmer and cover for 20 minutes until water is absorbed. Take off the heat, fluff and let cool

Add the rest of the ingredients to the cooled quinoa. Gently add the dressing and taste to see if you want it spicier or sweeter. You can stop here and keep the salad in the refrigerator for a day before serving.

Top with chopped herbs and salted peanuts right before serving.

**Cook's note:** I really thought this was going to be a salad much like the broccoli cabbage salad I recently posted. It is quite different and for me, a little more unusual.