CRUNCHY ASIAN QUINOA SALAD



SERVING SIZE
1 cup



YIELD
5 cups



METHOD
Mix

- 3 cups Thinly sliced red cabbage
- 1 cup Plain cooked quinoa
- 1 cup Matchstick carrots
- ¼ cup Thinly sliced green onions
- ¼ cup Sunflower seeds (preferably unsalted)
- 2 tbsp White sesame seeds
- ¾ cup Asian honey vinaigrette (recipe below)

Asian Honey Vinaigrette
Makes 1 cup

- 10 tbsp Canola oil
- ¼ cup Rice vinegar
- 2 tbsp Honey
- ¼ tsp Ground black pepper
- 1¼ tsp Low sodium soy sauce

Preprep: Prepare quiona per package directions.

1. Make vinaigrette recipe by whisking together all the ingredients.
2. Toss together all salad ingredients through sesame seeds. Fold in ¾ cup of vinaigrette, mixing until all salad ingredients are covered.
3. Store in refrigerator.

PER SERVING: 300 CALORIES | 24 GM TOTAL FAT | 2 GM SATURATED FAT
0 GM TRANS FAT | 0 MG CHOLESTEROL | 115 MG SODIUM | 8 GM TOTAL SUGARS
3 GM FIBER | 20 GM CARBOHYDRATES | 4 GM PROTEIN

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