

CRUNCHY CASHEW THAI QUINOA SALAD WITH GINGER PEANUT DRESSING



I make this salad every few weeks and I love that it can easily be vegan and gluten-free. There's loads of

goodness here: carrots, cabbage, quinoa, cilantro, cashews, red pepper, onion, and more! There is definitely an Asian flavor profile to this vegetarian meal and the creamy almond/peanut butter dressing with a hint of ginger is absolutely TO DIE FOR.

Makes 4 servings

INGREDIENTS

¾ cup uncooked quinoa

1-2 cups shredded red cabbage, depending on how much crunch you like

1 red bell pepper, diced

½ red onion, diced

1 cup shredded carrots

½ cup chopped cilantro

¼ cup diced green onions

½ cup cashew halves

Optional: 1 cup edamame or chickpea; Fresh lime, for a bit of tang

For the dressing:

¼ cup all natural peanut butter or almond butter (my preference)

2 tsp freshly grated ginger



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3 tbsp tamari sauce (gluten free soy sauce)
1 tbsp honey or maple syrup
1 tbsp red wine vinegar
1 tsp sesame oil
1 tsp olive oil
Water to thin, if necessary

METHOD

To cook quinoa:

Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1 ½ cups of water to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes. You should have a little over 2 cups of quinoa.

To make dressing:

Add peanut butter or almond butter and honey or agave to a blender for 20 seconds. Add in ginger, soy sauce, vinegar, and both sesame and olive oil and stir until mixture is smooth and creamy. If you want a thinner dressing, add a little water. Add as much or as little dressing as you'd like to the quinoa. I always start out with a little bit of dressing and usually add more to suit my taste preferences. Alternatively you can save the dressing for later and add when you are ready to eat; however the flavors of the dressing usually soak into the salad so I love adding it to the quinoa first.

Next fold in red pepper, onion, cabbage, carrots, and cilantro into the quinoa. Garnish with cashews and green onions. Serve chilled or at room temperature with lime wedges if desired.