

Quinoa Crunch Salad with Peanut Dressing by Pinch of Yum

Ingredients

Quinoa Salad:

- 2-3 cups shelled edamame
- 2 cups quinoa
- 1 cucumber, diced
- 1-2 bell peppers, diced
- 2 ripe mangoes, diced
- 3 carrots, shredded
- half a head of purple cabbage, shredded
- sliced almonds, peanuts, cashews, etc. (try Southern Grove Chili Lime Cashews from ALDI)

Peanut Dressing:

- ½ cup creamy peanut butter
- 1/3 cup soy sauce
- 1/3 cup vinegar (white distilled or rice vinegar)
- ¼ cup sesame oil
- 1-2 tablespoons chili paste
- 2 tablespoons honey
- 1 clove garlic
- 1 knob of fresh ginger, peeled

Instructions

1. Cook the quinoa and edamame according to package directions.
2. Dice the cucumber, bell peppers, and mangoes. Shred the carrots and purple cabbage.
3. Dressing: Give it all a whirl in the food processor or blender.

Serve: Assemble individual salads, or toss it all together.

Notes:

Options: You could try adding a handful of dried fruit like dried mango, golden raisins, or dried cherries.

Storage: Stored all the veggies together in one container, and keep the quinoa and dressing separate. It will keep for a week.

Amounts: If you want to be very methodical about it and make sure you get your 6 servings balanced out, you'll use about 3/4 cup quinoa, 1/4 cup dressing and 1+ cup veggies per salad.

Nutrition Info: Most of the calories come from the quinoa and dressing. To make this a lower-calorie salad, use less dressing or higher veggies than quinoa.