

Rainbow Quinoa Salad – Makes 5-6 servings

<https://www.eminencenutrition.com/rainbow-quinoa-salad>



Ingredients:

- 1 cup Quinoa, uncooked
- 1 head Broccoli, cut into bit sized pieces
- 2 cups Frozen edamame beans
- 2 Bell peppers, sliced
- 2 cups Cabbage (or kale), shredded
- ¼-½ cup Peanuts, chopped (optional)

Dressing:

- 1 tbsp. Peanut butter (or any other nut butter)
- 1 tbsp. Chili garlic sauce (plus more to taste)
- 3 tbsp. Maple syrup
- 3 tbsp. Soy sauce
- 3 tbsp. Lime juice
- 2 tbsp. Sesame oil

Directions:

1. Add the quinoa and 2 cups of water to a pot. Bring to a boil then reduce heat to a simmer, cover, and let cook for 18-20 minutes.
2. While the quinoa is cooking, steam the broccoli (or boil if you do not have a way of steaming vegetables)
3. Steam or boil the edamame beans according to package instructions.
4. Prepare the dressing by mixing all ingredients together. Taste, and adjust seasonings as needed, adding more maple syrup for sweetness, chili garlic sauce for heat, soy sauce for saltiness, or lime juice for acidity.
5. Add the quinoa, broccoli, edamame beans, sliced bell peppers and cabbage to a large bowl and top with the dressing. Garnish with the chopped peanuts.
6. Enjoy 😊