

# Asian Quinoa Salad



This is a great vegetarian salad that packs in a lot of protein, thanks to the quinoa, nuts, and edamame! Make it in advance; it's a perfect lunch for the entire week.

## Ingredients:

$\frac{3}{4}$  c uncooked quinoa  
1  $\frac{1}{4}$ c vegetable broth  
1 package broccoli slaw  
1 red pepper, sliced thin  
 $\frac{1}{4}$  c red onion, chopped  
 $\frac{1}{2}$  c cilantro, chopped  
 $\frac{1}{4}$  c green onions, sliced thin  
 $\frac{1}{2}$ c cashews  
1 c edamame

## Dressing:

$\frac{1}{4}$ c peanut butter  
1T honey  
1t ground ginger  
3T soy sauce  
1T rice vinegar  
1-2t sesame oil

## Directions:

1. Cook the quinoa in the vegetable broth per the package instructions (you can use water instead, if needed)
2. In a large bowl, add all ingredients.
3. For the dressing, melt the peanut butter and honey in the microwave (about 20-30 secs), whisk together.
4. Add remaining dressing ingredients and mix well until creamy.
5. Pour the dressing over the salad and mix well.

Enjoy!

## Tips:

- You can always add an additional protein if you'd like, ideally chicken or tofu.
- I would omit the red onion the next time I make this, but Sean really liked it. User-preference. :)