

Tuesday: Thai Quinoa Salad with Peanut Dressing

Serves 4

Ingredients:

- 1-1/2 cups dry, pre-rinsed quinoa
- 3 cups gluten free chicken stock or broth
- 5oz mixed greens OR baby spinach
- 1 red bell pepper, thinly sliced
- 1 cup shredded carrots
- 1 cup frozen shelled edamame, thawed in a bowl of warm water
- 4 green onions, chopped
- 1/3 cup roasted peanuts, minced
- 1/2 bunch fresh cilantro, chopped

For the Peanut Dressing:

- 1/2 cup creamy peanut butter
- 1/4 cup honey
- 3 Tablespoons gluten free reduced sodium Tamari
- 2 Tablespoons rice vinegar
- 2 teaspoons toasted sesame seeds
- 2 teaspoons sesame oil
- heaping 1/2 teaspoon ground ginger
- 2 large or 4 small garlic cloves, pressed or finely minced
- juice of 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup hot water



Directions:

1. For the Peanut Dressing: Add all the ingredients to a bowl or mason jar with a tight fitting lid then whisk or shake well to combine. Can be made up to 3 days ahead of time. Store in the refrigerator.
2. Add quinoa and chicken stock or broth to a small saucepan over high heat then bring to a boil. Turn the heat down to low, place a lid on top, then simmer until the quinoa is tender and the broth has been absorbed, 12-15 minutes. Fluff the quinoa with a fork then scoop into a storage container to cool. Cover then refrigerate quinoa until chilled. Can be done 2-3 days ahead of time.
3. Divide remaining salad ingredients and chilled quinoa between four bowls then drizzle with dressing and serve.



Recipe Notes:

- Be sure to purchase quinoa that's labeled "pre-rinsed". I like [Bob's Red Mill Organic Quinoa](#).
- The quinoa is best cooked at least a day ahead of time, and up to three days ahead of time, so it's chilled and ready to be mixed with the rest of the salad ingredients on the day you want to eat.
- Make it vegan! Use vegetable stock or broth instead of chicken to keep this meal vegan.
- Feel free to add meat to bulk this salad up – I like sauteed or roasted shrimp or chicken. That said, quinoa is an excellent source of plant-based protein, plus the edamame, peanuts, and peanut dressing are all protein-sources.
- Leftovers are great for lunch the next day. Pack the peanut dressing separately then dressing just before eating.
- For peanut-free: use almond or cashew butter in the dressing, and chopped almonds or cashews in place of the minced peanuts.

Product Recommendations:

- I like [Planters Lightly Salted Cocktail Peanuts](#).