Sesame Quinoa Salad

Source: Vegan Kickstart

Try this flavorful quinoa salad featuring a tangy ginger dressing! To make this into a main dish, add some edamame, mung beans, or baked tofu!

About the Recipe

389 Calories · 14 g Protein · 8 g Fiber
Lunch

Ingredients

Makes 2 Servings

- 2 c (370 g) cooked and cooled quinoa
- 1/2 c (67g) thawed frozen green peas or steamed sliced snow peas
- 2 grated carrots (standard grate, not fine), or store-bought shredded carrot
- 1/4 c (38 g) red bell pepper, diced
- 1 green onion, chopped
- 3 tbsp (45 mL) rice vinegar
- 1 1/2 tbsp (22.5 mL) tahini
- 2 tbsp (30 mL) reduced-sodium tamari, or coconut aminos
- 1 1/2 tbsp (22.5 mL) pure maple syrup
- 1/2 tbsp (7.5 mL) fresh ginger, grated (use Microplane grater)
- 1/4 tsp (1.2 mL) garlic powder
- 1 tbsp (15 mL) sesame seeds, toasted (optional) **optional*

Directions

1. In a large bowl, combine the quinoa, peas, carrot, red pepper, and green onion.
2. To make the dressing: In a separate bowl, whisk together the ingredients until the tahini is fully incorporated.

3. Add the dressing to the quinoa mixture and mix to combine well. Taste, and add salt and pepper if needed.
4. Serve, sprinkling with the toasted sesame seeds, if using.

Nutrition Facts

Per serving (1/2 of recipe):

Calories: 405 kcal
Fat: 10 g
    Saturated Fat: 1 g
    Calories From Fat: 21%
Cholesterol: 0 mg
Protein: 15 g
Carbohydrates: 56 g
Sugar: 18 g
Fiber: 9 g
Sodium: 791 mg
Calcium: 135 mg
Iron: 5.1 mg
Vitamin C: 27 mg
Beta-Carotene: 5745 mcg
Vitamin E: 2.3 mg