Sesame Quinoa Salad

About the Recipe

389 Calories · 14 g Protein · 8 g Fiber
Lunch

Ingredients

Makes 2 Servings

- cooled cooked quinoa (2 cups)
- thawed frozen green peas or steamed sliced snow peas (1/2 cup)
- grated carrot (standard grate, not fine), or store-bought shredded carrot (1/2 cup)
- diced red bell pepper (1/4 cup)
- chopped green onion (green portion) (1 tbsp.)
- rice vinegar (3 tbsp.)
- tahini (1 1/2 tbsp.)
- tamari, or coconut aminos (2 tbsp.)
- pure maple syrup (1 1/2 tbsp.)
- grated fresh ginger (use Microplane grater) (1 tsp.)
- garlic powder (1/4 tsp.)
- toasted sesame seeds, for garnish (1 tbsp.)

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 additional salt and pepper if needed.
4. Serve, sprinkling with the toasted sesame seeds, if using.
Nutrition Facts

Per serving (1/2 of recipe)

Calories: 389
Protein: 14 g
Carbohydrate: 61 g
Sugar: 17 g
Total Fat: 10 g
   Calories from Fat: 22%
Fiber: 8 g
Sodium: 1,072 mg