

Thai Quinoa Salad

Prep: 30 min Cook: 0 min Total: 30 min Servings: 4

Calories: 465 Fat: 18g Protein: 16g Carbs: 63g Fiber: 8g

Ingredients

Thai Quinoa Salad:

- 1 large carrot, julienned
- 2 cooked cups BBF Organic Quinoa
- 3 cups sliced red cabbage
- 1 cup chopped red bell pepper
- 1 sweet potato cooked and cut into cubes
- 1 cup edamame
- 4 cups fresh greens
- 1/2 small lime

Peanut Ginger Dressing:

- 1/2 cup PBfit Classic
- 3 Tbsp BBF Organic Coconut MCT Oil
- 3 Tbsp rice vinegar
- 1 Tbsp pickled or fresh ginger
- 2 Tbsp BBF Organic Coconut Aminos
- 2 Tbsp honey
- 2 Tbsp lime juice
- 1 tsp sesame oil
- 2 cloves garlic minced
- 1/4 tsp red chili flakes
- salt and freshly ground black pepper

Directions

1. Peanut Ginger Dressing instructions:
2. Add all dressing ingredients to a blender and blend until smooth and creamy.
3. If the dressing is too thick, add 1-2 teaspoons of water and blend again to reach your desired consistency.
4. Set aside until ready to use.
5. Thai Quinoa Salad Instructions:
6. In a large bowl, combine all salad ingredients.

7. Squeeze half a lime over the salad for a fresh, bright flavor, if desired.
8. Drizzle the prepared dressing over the salad and toss until everything is well coated.
9. Enjoy your Thai Quinoa Salad!