Quinoa Peapod & Cilantro Salad

6 servings

Prep Time: 30 min  Cook Time: 0 min

1 c. quinoa  
2 c. sliced pea pods  
1 c. sliced radishes  
1/2 c. sliced green onions  
1/2 c. fresh cilantro, chopped  
2-3 T. reduced sodium soy sauce  
1 T. sesame oil  
dash of red pepper flakes  
2 T. toasted sesame seeds  
1/4 t. salt

Rinse quinoa in strainer. Bring 2 c. water and quinoa to a boil in saucepan. Cook for 15 minutes or until liquid is absorbed. Cool.

Combine quinoa with the remaining ingredients, except salt and toasted sesame seeds, in a mixing bowl. Toss to combine. Taste, and add a dash of salt, if needed. Top with toasted sesame seeds. Will keep, refrigerated, for 4-5 days.

Nutrition Facts per serving

Calories 69, Protein 3 g, Carbohydrate 9 g, Total Fat 3 g, Saturated Fat 0 g, Fiber 2 g, Sugar 1 g, Sodium 185 mg

This recipe is provided by Eat Well, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.