

# Quinoa Peapod & Cilantro Salad



6 servings

Prep Time: 30 min Cook Time: 0 min

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

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.