



# Ginger-lime Quinoa Veggie Salad

Prep Time 10 mins  
Total Time 30 mins  
Meal Type Lunch,Dinner,Snack,Side  
Contributed By



Source Living Plate Teaching Kitchen

Servings 4



## Salad

### Ingredients

lb,c g,ml

- 1 cups Cabbage, red, *shredded*
- 2 Tbs Cilantro, *chopped*
- 1 cups Edamame, frozen
- 1 cups Quinoa, frozen (or pre-cooked)
- 3 Scallions, *chopped*
- 1 Orange, *segmented*
- 2 cups Spinach
- 2 Tbs Sesame Seeds

### Directions

#### Prep

1. Wash and chop vegetables.
2. Defrost edamame and quinoa in the refrigerator overnight.
3. If using dry quinoa, cook according to package directions. [1 cup cooked quinoa = 1/2 cup dry]

#### Make

1. Combine all ingredients in a large bowl except for sesame seeds and cilantro.
2. Toss with salad dressing.
3. Garnish with sesame seeds and cilantro.

## Dressing

### Ingredients

lb,c g,ml

- 1 tsp ginger root, fresh, *grated*
- 1 Tbs Tamari, low sodium
- 2 Tbs Lime Juice
- 1 Tbs Rice Wine Vinegar
- 1 tsp Sesame Oil
- 2 Tbs Olive oil

### Directions

#### Prep

1. Grate ginger.

#### Make

1. In a small bowl or mason jar, combine all ingredients.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>250</b>	<b>Total Fat</b> 15.5g	23%	<b>Total Carbohydrates</b> 22g	7%
		Saturated Fat 2.1g	10%	Dietary Fiber 6g	22%
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 0mg	0%	<b>Protein</b> 9g	
		<b>Sodium</b> 153mg	6%		
Vitamin D 0mcg 0% · Calcium 123mg 12% · Iron 3mg 17% · Potassium 512mg 10%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -