

ASIAN QUINOA SALAD

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 135

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 235 mg

Total Carbohydrate: 18 g

Dietary Fiber: 4 g

Total Sugars: 3 g

Protein: 6 g

Ingredients

Salad:

- 1 cup quinoa
- 2 cups water
- 1 cup chopped red cabbage
- 1 cup shelled and cooked edamame

Dressing:

- 3 Tablespoons low sodium soy sauce (choose gluten free for GF version)
- 1 Tablespoon sesame oil

- 1 red bell pepper chopped
- ½ cup shredded carrots
- 1 cup diced cucumber

- 2 Tablespoons chopped green onion
- ¼ cup chopped fresh cilantro
- 1 Tablespoon sesame seeds

- ¼ teaspoon grated ginger
- 1 Tablespoon fresh squeezed lime juice
- 1/8 teaspoon red pepper flakes
- Salt and pepper to taste

Optional Garnish:

- 1 Tablespoon black sesame seeds

Directions

1. Add quinoa and water to a medium sauce pan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. This will make about 2 cups of cooked quinoa.
2. Place the quinoa in a large bowl and add the rest of the salad ingredients. Set aside.
3. In a small bowl, whisk together the dressing ingredients.
4. Pour the dressing over the quinoa salad and stir to combine. Garnish with black sesame seeds. Serve at room temperature or chilled.

To make bariatric diet friendly:

Decrease serving size to ½ cup

Updated bariatric nutrition information: Calories 68, Total Fat 2.5g, Sat Fat 0.5g, Sodium 118mg, Total Carbohydrate 9g, Fiber 2g, Sugar 1.5g, Protein 3g