



Purple Cabbage and Edamame Salad

Yield: 6 servings

Ingredients

- ½ cup quinoa
- ⅓ cup peanut butter
(only peanuts)
- 3 tablespoons lime juice
- 2 tablespoons low-sodium
soy sauce
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- ¼ teaspoon red pepper flakes,
optional
- 3 cups shelled edamame
(soybeans), thawed
- 2 cups chopped purple cabbage
- 1 cup chopped carrots
- ½ cup chopped cucumber
- ¼ cup sesame seeds

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

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Instructions

1. In a small saucepan with a lid, over medium heat, add quinoa and 1 cup water. Bring to a boil and then reduce heat to a simmer and cook for about 15 minutes, until quinoa is soft to the bite. Check on the quinoa periodically, giving it a quick stir, to prevent any sticking or burning on the bottom.
2. Place quinoa into a large bowl and allow to cool down.
3. Meanwhile, in a blender puree until smooth: ⅓ cup water, peanut butter, lime juice, soy sauce, ginger, garlic and red pepper flakes.
4. Add edamame, cabbage, carrot, cucumber, sesame seeds and dressing to the quinoa. Stir to combine.



Nutrition Information

Serving Size: ⅓ of recipe
Calories: 258
Total Fat: 14 g
Saturated Fat: 2 g
Monounsaturated Fat: 5 g
Polyunsaturated Fat: 3.5 g
Sodium: 244 mg
Total Carbohydrate: 23 g
Dietary Fiber: 6.4 g
Sugars: 5 g
Protein: 14 g

Source: Lighter



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