

Make-Ahead Asian Quinoa Salad

1. In a small pot, combine quinoa with 3 cups water (or chicken broth for added flavor), bring to a boil, and then reduce to a simmer and cook for 12-15 minutes until quinoa is done. Once cooked, in a fine mesh strainer, strain quinoa to discard all of the water and then run under cold water to cool immediately. Set aside.
2. While the quinoa is cooking prepare the vegetables and the dressing. Grate and chop all of the vegetables, and combine all of the dressing ingredients in a small jar or container and whisk until well combined. Set aside.
3. Once the quinoa has cooled completely, in a large bowl combine the quinoa with all of the vegetables, cover with dressing, and toss well to combine.
4. Season to taste as desired and top with cashews to serve.
5. The salad can be eaten immediately, or stored in an airtight container in the fridge for up to 5 days.

Recipe from:

https://kaynutrition.com/2019/04/asian-quinoa-salad/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=656859412_25644454_106221

Total time: 25 minutes