

# 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 Carbohydrate: 18
Total Fat: 5 g	Dietary Fiber: 4 g
Saturated Fat: 1 g	Total Sugars: 3 g
Sodium: 235 mg	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



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- 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