

Asian Quinoa Salad Recipe



4.61 from 123 votes

Recipe from **Two Peas and Their Pod**

This bright and healthy Asian Quinoa Salad is great for an easy lunch or dinner. It is also great to take to parties! It is always a hit!

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Salad Cuisine: Asian Keyword: quinoa salad Servings: 4 Calories: 283kcal

Ingredients

For the Salad:

- 1 cup quinoa
- 2 cups water
- 1/4 teaspoon salt
- 1 cup chopped red cabbage
- 1 cup shelled and cooked edamame
- 1 red bell pepper chopped
- 1/2 cup shredded carrots
- 1 cup diced cucumber

For the dressing:

- 1/4 cup lite soy sauce or tamari sauce low sodium
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 2 tablespoons chopped green onion
- 1/4 cup chopped cilantro
- 1 tablespoon sesame seeds
- 1/4 teaspoon grated ginger
- 1/8 teaspoon red pepper flakes
- Salt and black pepper to taste (taste before adding salt, you might not need any)

Instructions

1. Add water, quinoa, and salt to a medium saucepan 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.
2. Place the quinoa in a large bowl and add the cabbage, edamame, red pepper, carrots, and cucumber. Set aside.
3. In a small bowl, whisk together the soy sauce, sesame oil, rice wine vinegar, green onions, cilantro, sesame seeds, ginger, red pepper flakes, salt, and pepper.
4. Pour the dressing over the quinoa salad and stir to combine.