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Rainbow Salad

QUINOA:

- 2/3 cup water
- 1/3 cup quinoa

SALAD:

- 3 cups frozen corn
- 1 (15-ounce or 16-ounce) can black beans
- 1 1/2 cups frozen, shelled edamame
- 1 cup chopped orange bell pepper (red or yellow bell pepper)
- 1-2 cups shredded purple cabbage
- 1-2 large tomatoes, chopped
- 1/2 cup chopped fresh cilantro or parsley
- 4-6 green onions, chopped
- 4 garlic cloves, minced

VINAIGRETTE:

- 6 tablespoons lime juice (~3 medium limes)
- 1/4 cup reduced-sodium soy sauce
- 2 tablespoons smooth dijon mustard
- 2 tablespoons olive oil

1. Place water and quinoa in a small saucepan and prepare according to package directions (which will probably indicate that you will bring them to a boil and then simmer, covered, for about 10-15 minutes or until the water is absorbed). NOTE: If your quinoa is not pre-rinsed, then before you add it to the saucepan, you will need to rinse it in a sieve, swishing it with your fingers until the water runs clear.
2. Meanwhile, in a colander, rinse and drain the corn, black beans and edamame, just to wash away the liquid from the beans and help the edamame and corn to begin thawing. Transfer to a large mixing bowl.
3. Add orange bell pepper, cabbage, tomato, cilantro, green onions, garlic and prepared quinoa.
4. To prepare the vinaigrette, combine lime juice, soy sauce, mustard and olive oil in a medium bowl. Whisk well to combine and then pour over vegetable mixture.
5. This is best if chilled for an hour or two before serving, to allow the flavors to combine

Nutrition Information: Yield: 16 svrgs; Serving Size: 1/2 cup; Calories: 183; Total Fat 5g; Sat. Fat: 1g; Chol: 0mg; Carbs: 30g; Fiber: 7g; Sugar: 4g; Protein: 8g

Adapted from Corn, Edamame and Quinoa Salad from Two Healthy Kitchens.com

