### RECIPE

# Black Quinoa Asian Slaw

Spicy, crunchy, and flavorful, this dish makes a complete meal, with a wide range of vegetables and protein-packed quinoa.

Makes: 8 servings Prep Time: 25 minutes + optional chilling Source: oldwayspt.org

#### Ingredients

For the slaw:

- 8 ounces black quinoa
- 2 cups water
- 2 cups red cabbage, shredded
- 1 cup snap peas, bias cut
- 1 cup carrots, shredded
- 1 cup scallions, bias cut
- 1 mango, diced small
- ½ cup fresh cilantro, roughly chopped
- Sesame seeds, toasted, to garnish

For the dressing:

- <sup>1</sup>/<sub>2</sub> cup orange juice
- ¼ cup rice wine vinegar
- 2 tablespoons fresh ginger, minced
- 1 teaspoon Sriracha sauce
- ¼ cup sesame oil

#### **Directions**

- 1. Rinse black quinoa under cold water until water runs clear. Place black quinoa in boiling water and simmer for 12-15 minutes.
- 2. In a small bowl combine orange juice, rice wine vinegar, ginger and Sriracha sauce. Slowly whisk in sesame oil to create an emulsion. Set aside to incorporate flavors in dressing.
- 3. In a large bowl combine black quinoa, red cabbage, snap peas, carrots, scallions, mango, and cilantro.
- 4. Fold in dressing and let chill in fridge. When ready to serve, garnish with toasted sesame seeds.





## Small Changes, BIG Difference!



## Choose MyPlate

#### Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	220
Total Fat:	<u>9g</u>
Saturated Fat:	<u>1g</u>
Cholesterol:	<u>Omg</u>
Sodium:	<u>35 mg</u>
Total Carbohydrates:	<u>31g</u>
Dietary Fiber:	<u>4g</u>
Total Sugars:	<u>9g</u>
Added Sugars:	<u>0g</u>
Protein	<u>5g</u>

#### **Utensils Needed**

- Medium pot
- Sharp knife
- Cutting board
- Peeler
- Large bowl
- Small bowl
- Measuring spoons
- Measuring cups
- Mixing spoon

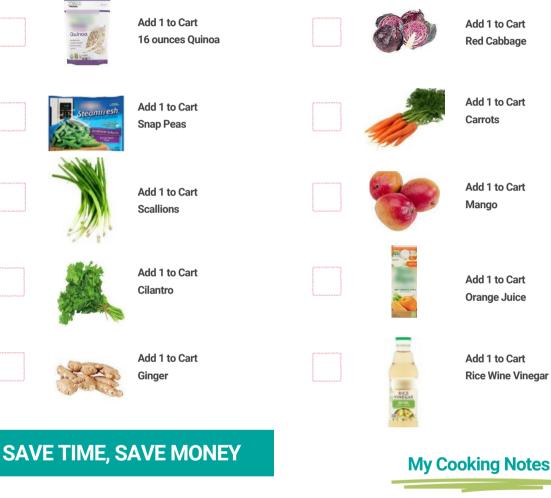
### **SHOPPING LIST**

Average total cost without oil and seasonings: \$18.11 Average cost/serving: \$2.26

**Recipe Makes: 8 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

#### Ingredients



#### **Chef's Notes**

- Can't get black quinoa? Substitute any color quinoa.
- Use fresh, frozen or canned snap peas. If using canned, choose ones labeled low sodium or no-salt added.
- When choosing orange juice, make sure it says 100% juice on the package.
- Extend the life of leftover cilantro by cutting it up, and placing 1 Tbsp in each cube of an ice cube tray. Fill the tray with water and freeze. The cubes can be added to other dishes while cooking.

