

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



Small Changes,
BIG Difference!

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:

- ½ 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.



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	220
Total Fat:	9g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	35 mg
Total Carbohydrates:	31g
Dietary Fiber:	4g
Total Sugars:	9g
Added Sugars:	0g
Protein	5g

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



Add 1 to Cart
16 ounces Quinoa



Add 1 to Cart
Red Cabbage



Add 1 to Cart
Snap Peas



Add 1 to Cart
Carrots



Add 1 to Cart
Scallions



Add 1 to Cart
Mango



Add 1 to Cart
Cilantro



Add 1 to Cart
Orange Juice



Add 1 to Cart
Ginger



Add 1 to Cart
Rice Wine Vinegar

SAVE TIME, SAVE MONEY

My Cooking Notes

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.