



**Catholic
Health Services**
of Long Island
At the heart of health

Thai Quinoa Salad

Ingredients

- 3 cups cooked quinoa
- 2 cups shredded cabbage
- 2-3 bell peppers, diced
- 1/4 cup red onion, diced
- 1 cup shredded carrots
- 1/2 cup cilantro, chopped
- 1/4 cup diced green onion
- 1/2 cup cashews, chopped
- 1 cup cooked edamame



Dressing (combine all ingredients in a small bowl):

- 1/4 cup creamy peanut butter
- 3 Tbsp. rice vinegar
- 2 Tbsp. coconut aminos
- 2 Tbsp. honey
- 1 tsp. sesame oil
- 1 Tbsp. fresh ginger, minced
- 2 cloves garlic, minced
- Dash of crushed red chili flakes

Preparation

1. Combine all ingredients in a large bowl. Add dressing and stir until well combined.

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