

# Purple Cabbage and Edamame Salad

**Yield: 4 servings**

## Ingredients

½ cup quinoa  
 1½ cup water, divided  
 ½ cup peanut butter  
 2 tablespoons low-sodium soy sauce  
 2 teaspoons apple cider vinegar  
 2 teaspoons fresh ginger, minced  
 1 teaspoon garlic cloves, minced  
 3 cups shelled edamame (soybeans), thawed  
 2 cups purple cabbage, chopped  
 1 cup carrot, chopped  
 ½ cup cucumber, chopped  
 ¼ cup sesame seeds

## Instructions

1. In a small saucepan with a lid, over medium heat, add quinoa and 1 cup water. Bring to a boil and then reduce heat to a simmer, cover, and cook for about 15 minutes, until quinoa is soft to the bite. Check on the quinoa periodically, giving it a quick stir, to prevent any sticking or burning on the bottom.
2. Place quinoa into a large bowl and allow to cool down.
3. Meanwhile, to make the dressing, combine ½ cup water, peanut butter, soy sauce, apple cider vinegar, ginger and garlic in a blender and puree until smooth.
4. Add edamame, cabbage, carrot, cucumber, sesame seeds and dressing to the quinoa. Stir to combine.

## Nutrition Information

**Serving Size:** ¼ of recipe

Calories: 424  
 Total Fat: 24.3 g  
 Saturated Fat: 3.8 g  
 Monounsaturated Fat: 9.5 g  
 Sodium: 367.1 mg  
 Total Carbohydrate: 35.5 g  
 Dietary Fiber: 9.6 g  
 Sugars: 8.6 g  
 Protein: 22.6 g

Source: Lighter.



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