

Rainbow Crunch Quinoa Salad



INGREDIENTS

- 1 cup tri-color quinoa
- 2 cups water
- 1 cup cucumber, diced
- 1 carrot, shredded
- 3 cups red cabbage, shredded
- 2 green onions, sliced
- 1 cup cherry tomatoes, chopped
- 1 cup shelled edamame, cooked & cooled
- 1 red bell pepper, chopped
- 1/2 cup cilantro, chopped
- Spicy Pumpkin Seeds

Dressing

- 5 tbsp soy sauce
- 2 tbsp mirin
- 2 tbsp rice vinegar
- 2 tbsp toasted sesame oil
- 2 1/2 tbsp neutral oil (canola, vegetable, or grapeseed)
- 2 1/2 tsp mayonnaise
- 2 1/2 tsp sugar
- 2 tsp fresh ginger, grated
- 1 garlic clove, minced

INSTRUCTIONS

1. **Toast:** Preheat oven to 400°F (200°C / 180°C fan). Spread quinoa on a tray and bake for 15 minutes, stirring halfway, until lightly golden and nutty.
2. **Rinse:** Transfer to a fine strainer and rinse under water. Drain well.
3. **Cook:** Add quinoa and 2 cups water to a pot. Bring to a simmer, cover, then cook on low for 15 minutes, or until water is absorbed.
4. **Rest:** Remove from heat and let sit, covered, for 10 minutes.
5. **Cool:** Fluff with a fork and let cool completely. (Spread on a tray to speed up cooling.)

Salad

1. **Make dressing:** Add all dressing ingredients to a jar and shake well.
2. **Combine:** In a large bowl, add cooled quinoa and all salad ingredients. Pour over dressing and toss well.
3. **Finish:** Top with spicy pumpkin seeds and sesame seeds. Serve and enjoy!

**Pair with Rally
Frizzante Rosé
- an exclusive
brand, only sold
at food Co-ops**

