

Thai Veggie Quinoa Bowls (THAI Fusion)

Yield: 2 servings
Prep time: 30 minutes
Cook time: 0 minutes
Total time: 30 minutes

Ingredients

- ½ cup broccoli, finely diced
- ½ cup quinoa, cooked
- ½ small red onion, diced
- ¼ cup carrot, grated
- ½ cup cilantro, chopped
- ¼ cup green onions, chopped
- 2 Tbsp peanuts, chopped

For dressing:

- 1 lime, zest and juice (juice from half a lime, add more if needed)
- 1 tsp sesame seeds
- 1 Tbsp low sodium soy sauce
- 1 Tbsp rice vinegar
- 2 cloves garlic, minced
- 1 inch piece of ginger, minced



Preparation

1. In a large bowl toss cooked quinoa, broccoli, red onion, carrots, cilantro, green onions, and peanuts together. Mix until combined.
2. In a small bowl, combine and mix together dressing ingredients.
3. Pour dressing over quinoa and mix until combined.

Nutritional Information

Per serving

Calories: 220; Total fat: 7g; Saturated fat: 2g; Cholesterol: 0mg; Total carbohydrates: 34g; Fiber: 9g; Sugar: 8g; Protein: 9g; Sodium: 322mg; Potassium: 757mg

Adjusted from: <http://www.avocadopesto.com>