



Crunchy Cashew Thai Quinoa Salad {vegan, gluten-free}

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Delicious vegan and easily gluten-free salad with Thai flavors and a perfect crunch. It's even better the next day!

Course
Vegetarian

Dairy Free, Gluten Free, Healthy, Lunch, Salad, Side Dish, Vegan,

Cuisine
Keyword
Asian, Thai
thai quinoa salad

Prep Time 10 minutes
Cook Time 15 minutes
Total Time 25 minutes

Servings 6 servings
Calories 260 kcal
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Ingredients

- $\frac{3}{4}$ cup uncooked quinoa
- 2 cups shredded red cabbage, depending on how much crunch you like
- 1 red bell pepper, diced
- $\frac{1}{4}$ cup diced red onion
- 1 cup shredded carrots
- $\frac{1}{2}$ cup chopped cilantro
- $\frac{1}{4}$ cup diced green onions
- $\frac{1}{2}$ cup cashew halves or peanuts (honey-roasted is good)
- Optional: 1 cup edamame or chickpeas
- Fresh lime, for a bit of tang
- **For the dressing:**
- $\frac{1}{4}$ cup all natural peanut butter
- 2 teaspoons freshly grated ginger
- 3 tablespoon gluten-free soy sauce or coconut aminos
- 1 tablespoon honey (use agave or pure maple syrup if vegan)
- 1 tablespoon rice vinegar or red wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon olive oil or more sesame oil
- Water to thin, if necessary

Instructions

1. To cook quinoa: In a medium saucepan, bring 1 $\frac{1}{2}$ cups of water to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes. You should have a little over 2 cups of quinoa.
2. To make dressing: Add peanut butter and honey or agave to a medium microwave safe bowl; heat in microwave for 20 seconds. Add in ginger, soy sauce, vinegar, and both sesame and olive oil and stir until mixture is smooth and creamy. If you want a thinner dressing, simply stir in a teaspoon or two of water or olive oil.

- 3. Add as much or as little dressing as you'd like to the quinoa. I always start out with a little bit of dressing and usually add more to suit my taste preferences. Alternatively you can save the dressing for later and add when you are ready to eat; however the flavors of the dressing usually soak into the salad so I love adding it to the quinoa first.
- 4. Next fold in red pepper, onion, cabbage, carrots, and cilantro into the quinoa. Garnish with cashews and green onions. Serve chilled or at room temperature with lime wedges, if desired.

Nutrition Facts

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Amount Per Serving (1 serving)	
Calories 260	Calories from Fat 122
% Daily Value*	
Fat 13.5g	21%
Carbohydrates 27.7g	9%
Fiber 4.3g	18%
Sugar 7g	8%
Protein 8.6g	17%

* Percent Daily Values are based on a 2000 calorie diet.