

Japanese Salad

Inca Rice Brochure



An interestingly textured combination of flavours, this dish makes liberal use of quinoa and fresh vegetables. Excellent chilled!

Yield: 1 1/4 quarts

Servings: 8

Dressing

1/4 cup water

3 tablespoons tamari soy sauce

2 tablespoons lemon juice

1 tablespoon maple syrup

1 teaspoon fresh ginger, grated

Salad

3 cups quinoa, cooked

3 green onions, sliced diagonally

3/4 cup cabbage, sliced fine

3 tablespoons sesame seeds, toasted

1/4 cup slivered almonds, toasted

1/2 cup mushrooms, sliced

1/4 cup celery, sliced diagonally

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 30 minutes

Combine dressing ingredients, mix well, and let stand to blend flavours while preparing salad.

Combine salad ingredients.

Toss with dressing, mixing well.

Chill until ready to serve.

Per Serving (excluding unknown items): 302 Calories; 8g Fat (22.6% calories from fat); 11g Protein; 49g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 398mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.