



CABBAGE QUINOA SALAD

Vibrant salad with tangy dressing for a refreshing and healthy option

Nutrition Facts per Serving: Calories 266, Protein 6g, Carbs 38g, Fat 9g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 10 min



INGREDIENTS

Purple Cabbage

Organic Quinoa

Green Onion

Raisins

Dressing (Organic Apple Cider
Vinegar, Lemon Juice, Extra
Virgin Olive Oil, Sea Salt, Garlic)

METHOD

1. In a saucepan, combine quinoa with the right amount of boiling water (see label).
2. Bring to boil over high heat, cover, reduce heat to lowest and cook for 10 min or until all water is absorbed and quinoa is cooked.
3. Turn off the heat, stand covered away from heat for 5 minutes. Fluff with fork & cool completely to room temperature.
4. Rinse raisins with room temperature water, then soak in hot water for 10 minutes, drain discarding liquid.
5. In a large bowl, combine cabbage, cooled quinoa, raisins and green onions.
6. Shake dressing to combine then add to bowl, toss well to combine.
7. Stand for 5 minutes, toss again and serve.