

# Black Quinoa Asian Slaw

From Oldways Whole Grain Council

<http://wholegrainscouncil.org/recipes/salads-sides/black-quinoa-asian-slaw>

## Ingredients

### For the Slaw:

- 8 ounces black quinoa (Can't get black quinoa? Substitute any color quinoa.)
- 2 cups water
- 2 cups red cabbage, shredded
- 1 cup snap peas, bias cut
- 1 cup carrots, shredded
- 1 cup scallions, bias cut
- 1 mango, diced small
- ½ cup fresh cilantro, roughly chopped
- Sesame seeds, toasted, to garnish

### For the dressing

- ½ cup orange juice
- ¼ cup rice wine vinegar
- 2 tablespoons fresh ginger, minced
- 1 teaspoon Sriracha sauce
- ¼ cup sesame oil

## Instructions

1. Rinse black quinoa under cold water until water runs clear. Place black quinoa in boiling water and simmer for 12-15 minutes.
2. In a small bowl combine orange juice, rice wine vinegar, ginger and Sriracha sauce. Slowly whisk in sesame oil to create an emulsion. Set aside to incorporate flavors in dressing.
3. In a large bowl combine black quinoa, red cabbage, snap peas, carrots, scallions, mango, and cilantro.
4. Fold in dressing and let chill in fridge. When ready to serve, garnish with toasted sesame seeds.

Recipe courtesy of InHarvest Specialtfoods

Makes 7-8 cups

## Nutritional Information per serving

Calories: 220	Dietary Fiber: 4 g
Total Fat: 9 g	Sodium: 35 mg
Saturated Fat: 1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 31 g