

**Lunch | Dinner** 

# **Crunchy Peanut Quinoa Slaw**

**15 Mins Prep Time** 

0 Mins **Cook Time**  Servings

139 Calories 7g Fat 16g Carbs **6g Protein** 



# **Ingredients**

**6** Servings • 1 Cup Serving Size



**15 Mins Total Time** 



**○** Allergens: Peanuts, Soy, Gluten

# Salad 1 Cup Cooked Quinoa (use the Basic Quinoa Recipe) 3 Cups Broccoli, Carrot and Cabbage Slaw Mix 1/2 Cup Chopped Cilantro, more if desired for topping 1/4 Cup Chopped Peanuts (optional) **Dressing** 1/4 Cup Smooth Peanut Butter 🖤 3 Tbsp Low-Sodium Soy Sauce 1 Tbsp Honey 1 Tbsp Rice Vinegar (optional) 1 Tsp Ground Ginger 2 Tbsp Lime Juice Pinch of Red Pepper Flakes

### **Allergen Swap**

Peanuts Replace the peanut butter with a seed butter, such as sunflower butter; omit chopped peanuts.

Gluten Use a gluten-free soy sauce.

Soy Use a soy-free soy sauce.

#### **Nourishment Note**



### Quinoa

Quinoa is a gluten-free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.



### **(7)** Cabbage Slaw

Cruciferous vegetables are rich in insoluble fiber. Insoluble fiber can help relieve constipation, a common side effect of MS.



### Peanut Butter

If possible, try to buy natural peanut butter as it's free from added oil, sugar and salt. Peanut butter is a plant-based protein option that's also a good source of heart healthy fats.



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Salad

In a large mixing bowl, combine the pre-cooked quinoa, cabbage slaw and cilantro.

### 3. Make the Dressing

In a small mixing bowl, whisk together the dressing ingredients. Add more water for a thinner sauce.

### 4. Add Dressing to Salad

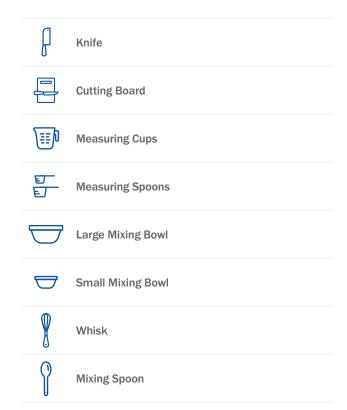
Add sauce to quinoa mixture. Stir together. Serve with peanuts and additional cilantro if desired.

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: cookieandkate.com

# **What You'll Need**



### **Fatigue Buster**

- Sit on a stool or chair while preparing this recipe.
  Sitting uses less energy than standing.
- Use the Basic Quinoa Recipe and freeze leftovers to enjoy when cooking isn't a high priority. Quinoa can also be used in recipes throughout the week.
- Use bottled lime juice instead of squeezing your own to reduce prep work.