

Lunch | Dinner

# Crunchy Peanut Quinoa Slaw

**15 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
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

**½ Cup** Chopped Cilantro, more if desired for topping

**¼ Cup** Chopped Peanuts (optional)

### Dressing

**¼ 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.



#### 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](https://www.cookieandkate.com)

## What You'll Need



Knife



Cutting Board



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Small Mixing Bowl



Whisk



Mixing Spoon

### 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.