Hawaii Vegetables Quinoa Salad
with sesame-ginger dressing
Serves 6

1 ½ cup Quinoa, rinsed and drained
3 cups Water *
1 cup Cooked shelled edamame
1 - 1 ½ cup Long beans, cut into 1" pieces
½ cup Carrots, grated
½ cup Toasted almonds, chopped
¼ cup Green onions, sliced thin
2 – 4 T Cilantro or mint, chopped
salt to taste

Dressing:

2 T Toasted sesame oil
2 T Canola oil
2 T Light shoyu
2 T Honey
1/8 tsp. Red chili pepper flakes (optional)
2 tsp. Grated ginger
1 tsp. Garlic, minced

1. Bring water to boil in a medium pot and add in the quinoa.
2. Bring back to a boil, cover and reduce heat to a simmer.
3. Cook for 20 minutes*. (*Add long beans during last 5 minutes of cooking)
4. While the quinoa is cooking, combine the dressing ingredients (whisk or blend).
5. Transfer quinoa to a large mixing bowl while still warm and add in the rest of the ingredients. Add in the dressing and combine well.
6. Good at room temperature or chilled.