

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. Combine Salad

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

### 2. Make the Dressing

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

### 3. Add Dressing to Salad

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

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.