



Chef Bill Nolan's Thai Cashew, Kale, and Quinoa Salad with Peanut Ginger Sauce
6-7 servings

This is an exciting and colorful salad that can be kept in the refrigerator “undressed” for about 5 days, so have a little at a time and enjoy the goodness. When you hear “eat the rainbow” this salad fits the bill with a rainbow of colored vegetables. Abundant in phytonutrients, this salad is anti-inflammatory and rich in neuroprotective anti-oxidants.

Feel free to use different types of quinoa, red adds additional beautiful color.

Salad Ingredients:

- 1 large carrot, julienned
- 2 cups cooked quinoa
- 3 cups sliced red cabbage
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- 1 cup canned chickpeas, rinsed well
- 2 cups kale, removed from stems, washed, dried and chopped
- 1 cup cashews, chopped
- 1 bunch of green onions, white and green parts, sliced ¼” thick
- Juice of 1 small lime

Peanut Ginger Sauce:

- 2 teaspoons fresh ginger, peeled and minced
- 3 tablespoons soy sauce or coconut aminos if you are avoiding soy
- 2 teaspoons apple cider vinegar
- 3 teaspoons sesame seeds
- 1/3 cup natural peanut butter or almond butter
- 1/2 cup warm water
- 1/4 teaspoon crushed red pepper flakes, or more

Directions

- Combine ingredients for salad
- Separately combine ingredients for peanut sauce.
- Dress salad and serve.