

Asian-Inspired Quinoa Cabbage Bowl

Ingredients

- 1 cup cooked quinoa
- 1/2 cup shredded red cabbage
- 1/4 cup grated carrots
- 1/4 cup chopped cucumber
- 1 tbsp chopped green onions
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp grated ginger

Instructions

1. Combine quinoa, cabbage, carrots, cucumber, and onions.
2. Drizzle sesame oil, rice vinegar, and ginger.
3. Toss well and serve chilled or room temperature.

Benefits

Rich in antioxidants, gut-cleansing, anti-inflammatory, and energizing.