

Colorful Brazilian Quinoa Salad

(Inspired by Sabores Ajinomoto)

Ingredients

- 1 cup cooked quinoa
- 1/4 cup shredded purple cabbage
- 1/4 cup grated carrot
- 1/4 cup diced cucumber
- 1 tbsp chopped parsley
- 1 tbsp olive oil
- 1 tsp white wine vinegar
- 1 tsp low-sodium soy sauce
- Salt and black pepper to taste

Instructions

1. In a large bowl, mix quinoa, cabbage, carrot, cucumber, and parsley.
2. In a small bowl, whisk olive oil, vinegar, and soy sauce.
3. Pour the dressing over the salad.
4. Toss gently and serve chilled or room temperature.

Benefits

Rich in antioxidants and fiber. Supports digestion and immunity.