

Thai Chickpea Salad!

Serving (4)

Ingredients: (For the Salad)

2 cups of cooked quinoa
1 red bell pepper, diced
1 zucchini spiralized
1 cup shredded carrots
½ small head of red & green cabbage, chopped
1 (15 ounce) can chickpeas, rinsed and drained
½ cup cilantro, finely chopped
¼ cup finely chopped green onion
½ jalapeno, seeded and diced

Ingredients: (For the Curry Peanut Butter Dressing)

2 tablespoons peanut butter
½ tablespoon freshly grated ginger
1 clove garlic, minced
1 teaspoon apple cider vinegar or rice vinegar
1 teaspoon yellow curry powder
¼ teaspoon red cayenne pepper
¼ teaspoon ground turmeric
Salt and freshly ground black pepper, to taste
2-3 tablespoons warm water, to thin dressing



To Garnish:
Extra Cilantro
¼ cup roasted peanuts



Instructions:

- In a large bowl, add red bell pepper, quinoa, carrot, cabbage, zucchini, chickpeas, cilantro, green onion, and jalapeno. Pour dressing over veggies and toss until well-combined. You can also add it in a jar as shown.
- In a small bowl, mix together the dressing ingredients: peanut butter, ginger, garlic, apple cider vinegar, curry powder, cayenne pepper, and turmeric. Mix to combine. Add water to thin if necessary to make a dressing like consistency.
- Pour over salad and mix well to combine. Garnish with roasted peanuts and cilantro. Serves 4.