



Swiss-n-Swirl Salad

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Yield: 4 servings

INGREDIENTS

8 oz. spiral quinoa noodles
2 tbsp. sesame oil
1 tbsp. minced ginger root
1 garlic clove
1 big or 2 small bunches of Swiss chard
1-2 tbsp. coconut aminos
1/4 cup sunflower seeds
1 red pepper, thinly sliced



METHOD

- Cook noodles according to package instructions. For al dente noodles, reduce cooking time by 1 minute.
- Heat 2 tbsp. sesame oil over medium/low heat in a large saucepan. Gently cook minced ginger and garlic for 2-3 minutes.
- Wash and chop leaves and stems, then add to the saucepan along with red pepper slices. Stir to coat with the garlic oil mixture, and turn the heat to medium/high until greens start to wilt.
- Add a splash of coconut aminos (1-2 tbsp.) and stir to combine. Throw in sunflower seeds and cooked pasta. Serve in bowls.

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