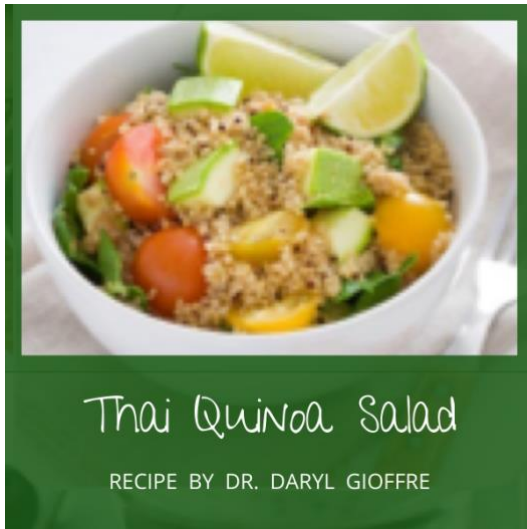


## Thai Quinoa Salad Recipe by Dr. Daryl



I recently made this Thai quinoa bowl for dinner at our house, and I realized I had never shared the recipe with you on the blog. It's too good not to share!

It's an easy quinoa bowl with a zesty, Asian-inspired dressing you are going to love. I also add a little homemade hot sauce (recipe available in the [Alkaline Winter Recipe E-Book](#)), which is optional if you like a little spice.

Quinoa, in case you haven't noticed, is one of my favorite ingredients to cook with. It's good for you and makes a good substitute for all of the grains that are NOT good for you. For more on

which grains to eat and which to avoid, be on the lookout for my blog post on Thursday.

Give it a try and let me know what you think over [on Facebook](#).

### THAI QUINOA SALAD

#### Ingredients [Serves 2]

- 1 cup quinoa
- 2 cups filtered water or yeast-free vegetable broth
- 1 large handful arugula
- 1 tomato, sliced
- 1/4 red onion, diced
- lime for garnish

#### Thai Dressing Ingredients

- 1/4 cup plus 2 tbsp. filtered water
- 1 tbsp. sesame seeds
- 1 tsp. chopped garlic
- 1 tsp. lemon, freshly juiced
- 3 tsp. apple cider vinegar
- 2 tsp. tamari, gluten-free
- 1/4 cup raw tahini (sesame butter)
- 1 pitted date
- 1/2 tsp. salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- 1/2 tsp. toasted sesame oil

#### Directions



1/8

Combine quinoa with filtered water or yeast-free vegetable broth, and cook, covered, on a medium flame for around 20 minutes, or until all liquid is absorbed.

Blend dressing ingredients in a small blender.

Combine the quinoa, arugula, sliced tomatoes, diced red onion, onto a serving plate or bowl, add Thai dressing, and hand mix with a spoon and serve. Garnish with a slice of lime.

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*GET OFF YOUR ACID!*  
*Dr. Daryl*

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