

Edamame Slaw in a Lettuce Cup

Makes 4 servings (3 lettuce cups per person)

¾ cup	water
⅓ cup	uncooked quinoa, rinsed
2 Tbsp	reduced-sodium soy sauce
2 cups	frozen shelled edamame
⅓ cup	rice vinegar
2 tsp	toasted sesame oil
1 Tbsp	grated fresh ginger
½ tsp	crushed red pepper flakes
1 cup	thin bite-size strips red sweet pepper
1 cup	fresh snow pea pods, trimmed and cut into thin strips
3	green onions, thinly sliced
12 (¼ “ thick)	slices cored fresh pineapple (see Variation)
12	leaves butterhead (Bibb or Boston) lettuce

1. In a large saucepan, combine the water, quinoa, and soy sauce. Bring to boil; reduce heat. Simmer, covered for 12 minutes.
2. Add edamame. Return to boiling; reduce heat. Simmer, covered, for 3 to 5 minutes more or until quinoa is tender and liquid is absorbed. Remove from heat. Cool about 1 hour or until room temperature.
3. In a large bowl, whisk together vinegar, sesame oil, ginger, and crushed red pepper. Stir in the cooled quinoa mixture, red sweet pepper, snow peas, and green onions.
4. To serve, place three of the pineapple slices on each of four serving plates. Top each pineapple slice with a lettuce leaf, cup side up. Spoon about ⅓ cup of the quinoa mixture into each lettuce cup.

Variation: If you prefer, chop the pineapple and stir it into the cooled quinoa mixture. Spoon the pineapple-quinoa mixture into the lettuce cups.

Recipe from: Diabetic Living Magazine