

# Creative Cooking

THE HOLMES SISTERS DDCC0000010

## EPISODE 10

FOCUS:  
DELICIOUS  
QUINOA SALAD!



### *Eat It*

#### QUINOA SALAD WITH SESAME & GINGER

##### INGREDIENTS

- ½ cup red quinoa, ½ cup regular quinoa rinsed
- 2 cups water
- 1 tsp salt
- 1 garlic bulb minced
- 1½ cups shelled frozen edamame
- 1 cup of shredded carrots
- ½ yellow pepper, diced
- ½ red pepper, diced
- ½ orange pepper diced
- 1 cup red cabbage, chopped
- 3 Tbsp sesame oil
- 4 Tbsp lemon juice
- 4 tsp fresh ginger, finely minced
- 1 Tbsp sesame seeds
- 1 Tbsp honey

##### INSTRUCTIONS

Cut up garlic, peppers, and cabbage. Place the quinoa, water, salt and garlic in a covered pot. Heat on high until it boils, lower the heat to low, and cook for about 15 minutes or until the quinoa is soft and the water absorbed. After veggies are chopped, place it in a bowl to add the quinoa. Mix and combine everything together. The quinoa frozen edamame, carrots, peppers, and cabbage. In a small bowl, make the dressing by mixing the sesame oil, lemon juice, minced ginger, sesame seeds and honey. Pour the dressing over the quinoa and veggies, and mix thoroughly. Enjoy immediately, or store in a covered container for later.

### *Juice It*

#### OUR VERY BERRY BREAKFAST SMOOTHIE

##### INGREDIENTS

- 1 cup frozen unsweetened strawberries
- ½ cup frozen raspberries
- 1 cup frozen pineapple
- 1 cup of water
- 1 cup of apple juice
- 4-7 dates
- 1 small piece of ginger
- 1 Tbsp ground flaxseed
- 1 fresh lemon

##### INSTRUCTIONS

Combine all ingredients in blender, adding lemon juice to taste. Puree until smooth.

### *Wear It*

#### CUCUMBER

##### INGREDIENTS

- 1 cucumber

##### INSTRUCTIONS

Slice cucumber and apply to face.