

Deconstructed Spring Roll Salad

Serves 4



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 large head lettuce, chopped
- 1 carrot, julienned
- 1 red bell pepper, julienned
- 1 cucumber, julienned or shredded
- 4 green onions, sliced
- 1 stalk lemongrass, sliced
- ¼ cup roasted cashews
- ¼ cup each fresh mint and basil
- 1 cup cooked buckwheat soba noodles, optional
- About 12 ounces cooked shrimp, baked chicken, or baked tofu, optional

Dressing:

- ¼ cup creamy peanut butter
- 2 tablespoons low sodium tamari or soy sauce (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon ginger, grated
- 2 teaspoons garlic, minced or grated
- 1 teaspoon fish sauce, optional

Directions

1. In a medium bowl, combine dressing ingredients and whisk well to combine. Add water 1 tablespoon at a time to thin if necessary. Alternatively, blend dressing ingredients in a blender or food processor.
2. Just before serving, chiffonade the mint and basil: Pick off the leaves and stack them into a neat file. Roll lengthwise tightly into a cigar shape and thinly slice crosswise to create thin ribbons. Fluff with fingertips to separate the ribbons.
3. To serve all at once, put lettuce into a large bowl. Place remaining salad ingredients separately on top and drizzle with dressing for a nice presentation. Toss just before serving.
4. To portion for lunches, divide lettuce into 4 containers, then top with remaining ingredients except nuts and dressing. Keep nuts and dressing in separate containers and add just before serving.

Recipe from Cook Well Berkeley: Spring Salads and Vegetables, Spring 2016