

Rainbow Thai Chopped Salad

Serves 5-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 cup red cabbage, shredded
- 1 cup edamame
- 1 English cucumber, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 cup carrots, sliced thinly

Optional Ingredients:

- Cherry tomatoes
- Cucumber, sliced
- Cabbage, shredded
- Sugar snap peas, chopped
- Avocado, chopped
- Mango, chopped

For Dressing

- 1/3 cup natural peanut butter
- 1/4 - 1/3 cup water
- 2 tablespoons reduced sodium tamari (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)
- 1 1/2 tablespoons fresh lime juice (about 1 medium lime)
- 1 teaspoon sesame oil
- 1 medium clove garlic, minced

Optional Garnishes:

- Crushed peanuts or chopped cashews
- Cilantro leaves
- Green onion, sliced

Directions

1. In a large bowl, toss all veggies.
2. Whisk together dressing ingredients in a medium bowl. If serving immediately, toss with dressing. If serving later, dress and toss salad just before serving. Garnish with optional peanuts, cilantro, or green onion.

Recipe from Cook Well Berkeley: Satisfying Spring Salads, Spring 2015