

# Thai Salad with Peanut Dressing

**TOTAL TIME**  
25 minutes

**SERVINGS**  
4

*A creamy peanut dressing is tossed with crunchy vegetables for a healthy salad that makes a light lunch or a great dinner side for an Asian-inspired meal.*



## SHOPPING LIST

- 1 cup shredded green cabbage
- 1 cup shredded purple cabbage
- 1 large red bell pepper
- 1 large yellow bell pepper
- 1 large carrot
- 1 cup bean sprouts
- $\frac{1}{2}$  cup cilantro
- 2 green onions
- $\frac{1}{4}$  cup peanuts
- $\frac{1}{4}$  cup sesame sticks
- 3 tbs creamy peanut butter
- $1\frac{1}{2}$  tbs rice vinegar
- 1 tbs vegetable oil
- 1 tbs low sodium soy sauce
- $\frac{1}{2}$  tablespoon sesame oil
- $\frac{1}{2}$  tablespoon agave (or honey)
- 1 lime
- 1 clove garlic, minced
- Salt
- Red pepper flakes



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## INGREDIENTS

### Salad

1 cup shredded green cabbage  
1 cup shredded purple cabbage  
1 large red bell pepper, thinly sliced  
1 large yellow bell pepper, thinly sliced  
1 large carrot, grated  
1 cup bean sprouts  
 $\frac{1}{2}$  cup roughly-chopped cilantro  
2 green onions, chopped  
 $\frac{1}{4}$  cup chopped peanuts  
 $\frac{1}{4}$  cup sesame sticks

### Dressing

3 tbs creamy peanut butter  
 $1\frac{1}{2}$  tbs rice vinegar  
1 tbs vegetable oil  
1 tbs low sodium soy sauce  
 $\frac{1}{2}$  tbs sesame oil  
 $\frac{1}{2}$  tbs agave (or honey)  
Juice of 1 lime  
1 clove garlic, minced  
Pinch of salt  
Dash of red pepper flakes  
Water to thin to desired consistency

## PREPARATION

- Combine all the salad ingredients in a large bowl except the peanuts and sesame sticks.
- Whisk together all the ingredients for the dressing in a small bowl adding. For a thinner dressing, add as much water as you like until you get the desired consistency.
- Pour  $\frac{3}{4}$  of the dressing onto the salad and toss until all the ingredients are well coated.
- Add the peanuts and sesame sticks and give the salad one final toss.
- Serve with the extra dressing on the side.

## NUTRITIONAL INFORMATION

257 calories, 17 g. fat, 0 mg. cholesterol, 320 mg. sodium, 21 g. carbohydrate, 6 g. fiber, 8 g. protein