

# 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
- ½ cup cilantro
- 2 green onions
- ¼ cup peanuts
- ¼ cup sesame sticks
- 3 tbs creamy peanut butter
- 1½ tbs rice vinegar
- 1 tbs vegetable oil
- 1 tbs low sodium soy sauce
- ½ tablespoon sesame oil
- ½ tablespoon agave (or honey)
- 1 lime
- 1 clove garlic, minced
- Salt
- Red pepper flakes



176 N. LIBERTY STREET  
SPARTANBURG, SC 29306  
**hubcity.coop**

reproduced from [strongertogether.coop](http://strongertogether.coop)



# Thai Salad with Peanut Dressing

## 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