

# Crunchy Thai Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 2 cups

Ingredients	Quantity	Measure
<b>Dressing</b>		
Lime juice	3/8	cup
Soy sauce	3/8	cup
Garlic, minced	2	Tbsp.
Ginger, ground	1	tsp.
Brown sugar	2	Tbsp.
White wine vinegar	2	Tbsp.
Canola oil	1/4	cup
Sesame oil	2	Tbsp.
Salt	¼	tsp.
Black pepper	¼	tsp.
Red pepper flakes	1	sp.
<b>Salad</b>		
Kale, baby, chopped	5	cups
Napa cabbage, thinly sliced	3	cups
Cabbage, red, thinly sliced	3	cups
Carrots, shredded	1	cup
Onions, green, thinly sliced	1	cup
Red bell pepper, thinly sliced	3	cups
Chickpeas, canned, drained, and rinsed	2 ½	cups
Edamame, shelled	2 ½	cups
Mandarin oranges, canned and drained	2 ½	cups
Cilantro, chopped	1	cup

## Preparation

1. In a blender place lime juice, soy sauce, garlic, ginger, sugar and vinegar and blend for 30 seconds. With the blender on low, slowly drizzle oil and sesame oil into lime juice mixture. Then pour dressing into a bowl, add a pinch of salt and pepper and red pepper flakes.
2. Combine remaining ingredients in a large bowl. Toss with dressing and serve.



# Crunchy Thai Salad Continued

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## **Nutrition Information** \*From USDA Nutrient Database

Calories: 301 Total Fat: 12.3g Saturated Fat: 1.3g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 4.4g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 9.5g Total Sugars: 15g Protein: 12g Sodium:  
460mg Vitamin A: 472µg Vitamin C: 161mg Calcium: 144mg Iron: 3.3mg Folate: 238µg