

Thai Crunch Salad

- 1/2 bunch Kale
 - 1/2 head Cabbage
 - 1 Red Bell Pepper
 - 1 Carrot
 - 2 Green Onion Stalks
 - 1/2 cup Edamame
 - 1/4 cup Nut Butter
 - 1/2 cup Water
 - 1/4 cup Red Chili Sauce
 - 1 tbsp Low-Sodium Soy Sauce
 - 4 tsp Rice Vinegar
 - 1/2 tsp Garlic Powder
 - 1/4 tsp Ground Ginger
 - 1 tsp Sriracha
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1. Prep veggies. Shred kale, cabbage, and carrot. Thinly slice pepper and onion.
2. In a large bowl, toss kale, cabbage, bell pepper, carrot, onion, and edamame.
3. Heat water in microwave for fifteen seconds.
4. In a small bowl, whisk together nut butter and water. Add red chili sauce, soy sauce, rice vinegar, garlic powder, ground ginger, and sriracha. Stir well.
5. Add dressing to veggie bowl and toss again.
6. Makes four equal sized servings. Store in fridge for up to one week. (Recipe lasts better if you store dressing and veggies separately.)



Cabbage! Cabbage is a nutritious cruciferous vegetable full of antioxidants and fiber. In fact, it has more antioxidants per dollar than any other food!