

# Thai Crunch Salad with Peanut Dressing

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Servings: 4

Total Time: 30 Minutes

## Ingredients

### For the Thai Peanut Dressing

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- 1/4 cup creamy peanut butter
- 2 tablespoons unseasoned rice vinegar
- 2 tablespoons fresh lime juice, from one lime
- 3 tablespoons vegetable oil
- 1 tablespoon soy sauce (use gluten-free if needed)
- 2 tablespoons honey
- 2-1/2 tablespoons sugar
- 2 garlic cloves, roughly chopped
- 1-inch square piece fresh ginger, peeled and roughly chopped
- 1 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons fresh cilantro leaves

### For the Salad

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- 4 cups chopped Napa cabbage or shredded coleslaw mix (Mix in a little shredded red cabbage for color)
- 1 cup prepared shredded carrots
- 1 red bell pepper, thinly sliced into bite-sized pieces
- 1 small English cucumber, halved lengthwise, seeded and thinly sliced
- 1 cup cooked and shelled edamame
- 2 medium scallions, thinly sliced
- 3-4 radishes, thinly sliced
- 1/2 cup loosely packed chopped fresh cilantro

## Instructions

1. For the dressing, combine all the ingredients except for the cilantro in a blender and process until completely smooth. Add the cilantro and blend for a few seconds until the cilantro is finely chopped. Refrigerate until ready to serve.
2. For the salad, combine all of the ingredients in a large bowl and toss to combine. If serving right away, drizzle the peanut dressing over top and toss; otherwise, serve the dressing on the side so the salad doesn't get soggy.

## Nutrition Information

- Per serving (4 servings)
- Calories:282
- Fat:18g
- Saturated fat:2g
- Carbohydrates:28g
- Sugar:17g
- Fiber:6g
- Protein:7g
- Sodium:505mg
- Cholesterol:0mg