

Asian Vegetable Salad

Makes 4 servings



Ingredients

- ½ lb of snow peas - fresh
- 4 large bok choy - stalks thinly sliced
- 1 cup of radishes - thinly sliced
- 1½ cup of bean sprouts - fresh
- ½ cup of scallion tops - chopped
- 3 tbsp of rice vinegar - unseasoned
- 3 tbsp of peanut or canola oil
- 1 tsp of sesame oil
- ½ tsp of sugar
- ¼ tsp of sea salt

Directions

- ☞ Trim and string the snow peas. Stem for 1 minute. Drain and rinse the snow peas in cold water.
- ☞ Combine the vegetables in a large salad bowl.
- ☞ Mix the last 6 ingredients together in a jar. Cover and shake to blend
- ☞ Taste to correct the seasoning: you may want more vinegar
- ☞ Pour the dressing over the salad and toss well.
- ☞ Chill the salad until ready to serve.

Nutrients (approximately)

165 Calories per serving,
Fat 11.2g, Saturated Fat 0.9g, Cholesterol 0mg,
Sodium 46.4mg, Carbohydrates 13.7g, Fiber 3.8g,
Sugars 4.8g, Protein 4.4g

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